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# Contents

## Houses & gardens

- 13 **EMPORIUM** New ideas to add a touch of country style to your home
- 26 **KITCHENS WITH CHARACTER** Whether you prefer a pretty vintage look, modern-rustic simplicity or traditional utilitarian style, we show how to create your dream design
- 71 **GARDEN NOTES** Everything you need to know to get the most from your plot
- 118 **THE ART OF UPCYCLING** Fresh, creative ways for using fabric remnants, wrapping and wallpaper off-cuts, and other household items
- 130 **SECRETS OF A GLORIOUS GARDEN** The last part of our series on the gardens at Loseley Park in Surrey, with plenty of practical tips
- 136 **IN TUNE WITH NATURE** A wooden cabin near Denmark's north coast is an inspiring mix of the traditional and the contemporary
- 144 **ARTISTRY IN THE BORDERS** Clever use of colour and careful planting ensure beauty and interest in a Kentish garden well into autumn
- 152 **STYLE FOR SALE** Twice a year, a beautiful Arts and Crafts house in Surrey is transformed

into the perfect showcase for a covetable collection of vintage finds, all available to buy

## Features

- 75 **A DOG FOR YOUR LIFESTYLE** How to choose the perfect canine companion to suit you and your family. #2: dogs that love water
- 80 **BUILDING A FUTURE** An apprenticeship scheme devised by HRH The Prince of Wales is helping young people carve out a career in traditional building skills
- 86 **EXPLORE: THE MENDIPS** With its gorges, caverns and exhilarating views, this special corner of Somerset has plenty to offer
- 93 **TAKING ROOT** Our campaign to protect ancient trees can claim success across the UK
- 98 **FRIENDS OF THE FEN** Discover how a band of volunteers in Cambridgeshire is supporting a unique project to restore the fen landscape
- 107 **ARE PHEASANT SHOOT'S GOOD FOR THE COUNTRYSIDE** With sales of game rising, there is clearly an appetite for healthy, local, low-fat meat. But at what cost?

## ON THE COVER

Plan the perfect kitchen **page 26** Bake artisan bread **page 44**  
Make money from knitting **page 111**  
New from old: clever upcycling ideas **page 118** Sarah Raven's superfood suppers **page 160** The big garden tidy **page 130**





# Contents



October 2015 issue 358

- 111 **LET YOUR TALENT SHINE** Celebrating home-grown skills, we meet women making the most of their hobby. This month: the knitter
- 179 **MEET THE URBAN ARTISANS** Abigail Booth and Max Bainbridge of Forest-and-Found

## Food & drink

- 160 **SARAH RAVEN'S SUPERFOODS** The cook and gardener picks the healthiest fresh produce to eat in October: squash
- 168 **SIMPLE DISHES FOR BUSY DAYS** Alison Walker showcases easy but delicious recipes. This month: a selection of hearty game favourites to enjoy during the autumn months

## Fashion, health & beauty

- 52 **TAKE TO THE ROAD!** Team rich velvets and colourful embroidered pieces with bold, quirky accessories for a stylish, bohemian look
- 183 **HEALTH NOTES** Improve your wellbeing the natural way with our round-up from the world of health and beauty

- 185 **NATURE'S PAINKILLERS** Swap traditional pain-relief pills for herbal teas and tinctures to ease common aches and ailments

## News & views

- 43 **A MONTH IN THE COUNTRY** What to do, where to go, ideas to try and simple pleasures to enjoy throughout October
- 190 **WHERE TO BUY** Stockist details
- 191 **NEXT MONTH** in *Country Living*
- 226 **MY COUNTRYSIDE** Roger Moore

## Reader offers

- 25 **SHOP AT OUR ONLINE STORE** Find stylish pieces at the Country Living General Store
- 67 **COME TO OUR CHRISTMAS FAIR!**
- 110 **COUNTRY LIVING COLLECTION** A smart new look for our Gower sofa from DFS
- 126 **SUBSCRIBE** to *Country Living*
- 176 **READER SURVEY** Win £250 in vouchers!
- 195 **COUNTRY LIVING READER OFFERS** Save on a great range of items and treats

**TO RENEW OR TAKE OUT A SUBSCRIPTION TO CL THIS MONTH**  
See page 126 for details

**COVER CREDITS**  
Photograph by Rachel Whiting. Styling by Ben Kendrick. Lamp, Loop The Loop. Copper pan, Jasper Conran at Debenhams. Red linen napkin, plates, colander, wooden bowl, utensil jar, ceramic jugs, red striped tea towel, all The Conran Shop. Vintage linen cloth, Parna. Table, cupboard and chairs, all Lilly Lory. Blind in Cloud Garden coral linen, Rapture & Wright. Sink curtain in Tickety Boo cotton, Harlequin.



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## FIRST WORDS FROM THE EDITOR



### *Browsing for antiques...*

is one of my favourite pastimes, so I was intrigued to hear about Fiona Lawrenson's house sales where all the vintage furniture and accessories in her Surrey home are available to buy (see page 152). No sooner was I through the door than several items caught my eye – mostly small and easily accommodated, such as the hat box, jar of buttons and old wine cellar book, shown above. But then there is the circular Victorian table, its original mahogany now painted pale blue – like a hastily purchased sale shoe, it doesn't fit, but I'm determined to keep trying to shoe-horn it in! Fiona's ingenuity in turning her hobby into a business is inspiring, and Sue Gleave in Suffolk (see page 111) is another good example. She dyes with plants grown in her own garden and sells kits using wool from native British breeds but never dreamed she could make a living from knitting until she took part in our Kitchen Table Talent Pop-Up Market at the CL Spring Fair in March. She appears in this issue to mark Wool Week, an initiative by HRH Prince Charles now in its sixth year (see page 46). Finally, don't miss the chance to win £250 of John Lewis vouchers by taking part in our Reader Survey on page 176.

*Dorothy Smith*



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# emporium

Reflect the change in season with rich orange hues and coppery metallics, offset with crafted woollen and wooden pieces

Retro-style patterned apron with two pockets, £24, Lilly Lory

Natural linen napkins finished with a coloured stitched edge in charcoal, sea foam, mustard and coral, £42.50/set of four, Smith Handmade at Such & Such

This autumnal-hued maple-leaf doormat is machine-washable and comes in several sizes, £49.95 (60cm x 85cm), Turtle Mat

COMPILED BY ALAINA BINKS. PHOTOGRAPHS BY HEARST STUDIOS. PRICES AND AVAILABILITY CORRECT AT TIME OF GOING TO PRESS

Handmade lavender-filled badger and fox, £36 each, Sally Weatherill

Featuring Cath Kidston's new colourful woodland print, these stackable, wipe-clean chairs are ideal for brightening up a kitchen, £175 each

Keep warm this winter with a knitted bobble hat by Suffolk-based company Bob & John Knitwear, £32, Country Living General Store

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Hand-finished machine-knitted cushion cover, £140, From Brighton With Love



Angie Lewin's new Birch Tree Sun linen-union is available in five colourways, £54/m, St Jude's



Fraser & Parsley's stylish bespoke stationery features hand-drawn illustrations and can be personalised, £18/set of ten Welly Boots mini notes



Hand-block-printed organic cotton sleepwear, £90 for this Blazer nightshirt, Eight Hour Studio



Add character to a cupboard with porcelain owl handles, £17.50 each, An Angel At My Table



Framed\* hand-cut paper birds in vintage matchboxes by Andrew Malone, £365 (53cm x 53cm), Frank



Ceramicist Clare Gage creates individual patterns using textured fabrics, £26/cup, Country Living General Store



\*SHOWN UNFRAMED



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Hex box lantern pendant in weathered brass, £429, Davey Lighting



These etched copper and brass decorations are handmade to order, from £12 each, Sharon McSwiney



Beautiful wren brooch cut from a hand-printed sheet of steel, £32, Melanie Tomlinson



Piddington Jam's traditionally made preserves, such as this strawberry and pepper jam, use spices or herbs for a delicious added twist, £6, Country Living General Store



Hand-carved walnut and sweet chestnut chopping boards finished with beeswax salve, from £29, Forest-and-Found (see this month's Meet the Urban Artisans)

Fawn screen-printed linen cushion by Sam Pickard exclusively for the National Trust, £60



For stockist details, see *Where to Buy*

This birch plywood wreath by Anna Wiscombe is inspired by Dorset woodlands, £38 (D25cm), The Original Pop Up Shop

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Discover a wide range of original handmade pieces by individual sellers **11-15 November 2015**

Elegant lampshades hand-finished with polka-dot ribbons, £40 each (stand MF52; bay-design.co.uk)



Colourfully illustrated coaster, £4.50 (stand VG42; inkandfold.com)



Find all your gift-wrap essentials at Jane Means (stand GL9; janemeans.com)



A unique cotton-canvas and leather-handled shopper hand-crafted by Lottie Day in her Norwich studio (stand MF18; madebylotteday.com)



Phoebe Sherwood-Moore's woodland jewellery range features leaves and acorns, £105 for pendant shown (stand B12; phoebejewellery.co.uk)



Personalise this pretty hand-embroidered cushion with a name or word, £60 (stand VG40; janconstantine.com)



Hand-decorated fine bone china by Julia Davey and her small team in Stoke on Trent and Bath, Somerset meadow pint jug, £22 (stand MF40; shop.countryliving.co.uk)

Beautiful and functional hand-thrown speckled tableware by London potter Emily Doran, £20/ soup bowl (stand MF37; shop.countryliving.co.uk)



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# Country Living Christmas Fair GLASGOW

Find knitwear and accessories in rich tones and textures from British makers, including Scottish artisans **19-22 November 2015**



Handwoven in Scotland, this soft scarf by Prickly Thistle is an exclusive tartan design, £95 (stand C10; pricklythistlescotland.co.uk)



Made by Scottish artisans, olive-green Harris Tweed satchel, £89 (stand F21; dunmoirescotland.com)



Men's Fair-Isle Yoke jumper made in Scotland from Shetland wool, £98 (stand D34; thecrofthouse.com)



Shetland woolen cushion in herringbone tweed, £75 (stand E62; kingstreetinteriors.co.uk)

Vintage-style necklace with Liberty print, £18 (stand E15; handmadebyhayley.co.uk)



So Cosy's baby alpaca wool throws come in stylish neutral shades, £169, (stand D8; shop.countryliving.co.uk)



Appliquéd and embroidered wren fabric pot, £26 (stand F4; dear-emma.com) made with new and old threads and materials



Decorative, practical and quirky pheasant doormat, £32 (stand I7; sophieallport.com)



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Featuring Charlotte Macey's countryside print, this day bag is handmade in the Cotswolds, £30 (stand C109; [shop.countryliving.co.uk](http://shop.countryliving.co.uk))



Hang this fun soft fox head on a child's bedroom wall, £50 (stand M52/a; [pamaviolet.co.uk](http://pamaviolet.co.uk))



Corky Bee turns old fabrics into one-off textile pieces, from £47/cushion (stand C13; [corkybee.co.uk](http://corkybee.co.uk))



Decorative pottery with countryside animals, including hares and pheasants (shown), £28/ large jug (stand M39; [jane.hogbenterracotta.co.uk](http://jane.hogbenterracotta.co.uk))



Made-to-order appliqué iPad cover, £28 (stand B11; [katiekid.com](http://katiekid.com))



Made in the UK, natural plant wax scented candle set with orange and jasmine essential oils, £26 (stand M14; [beefayre.com](http://beefayre.com))



Waterproof women's leather boots, £169 (stand M65; [welligogs.com](http://welligogs.com))

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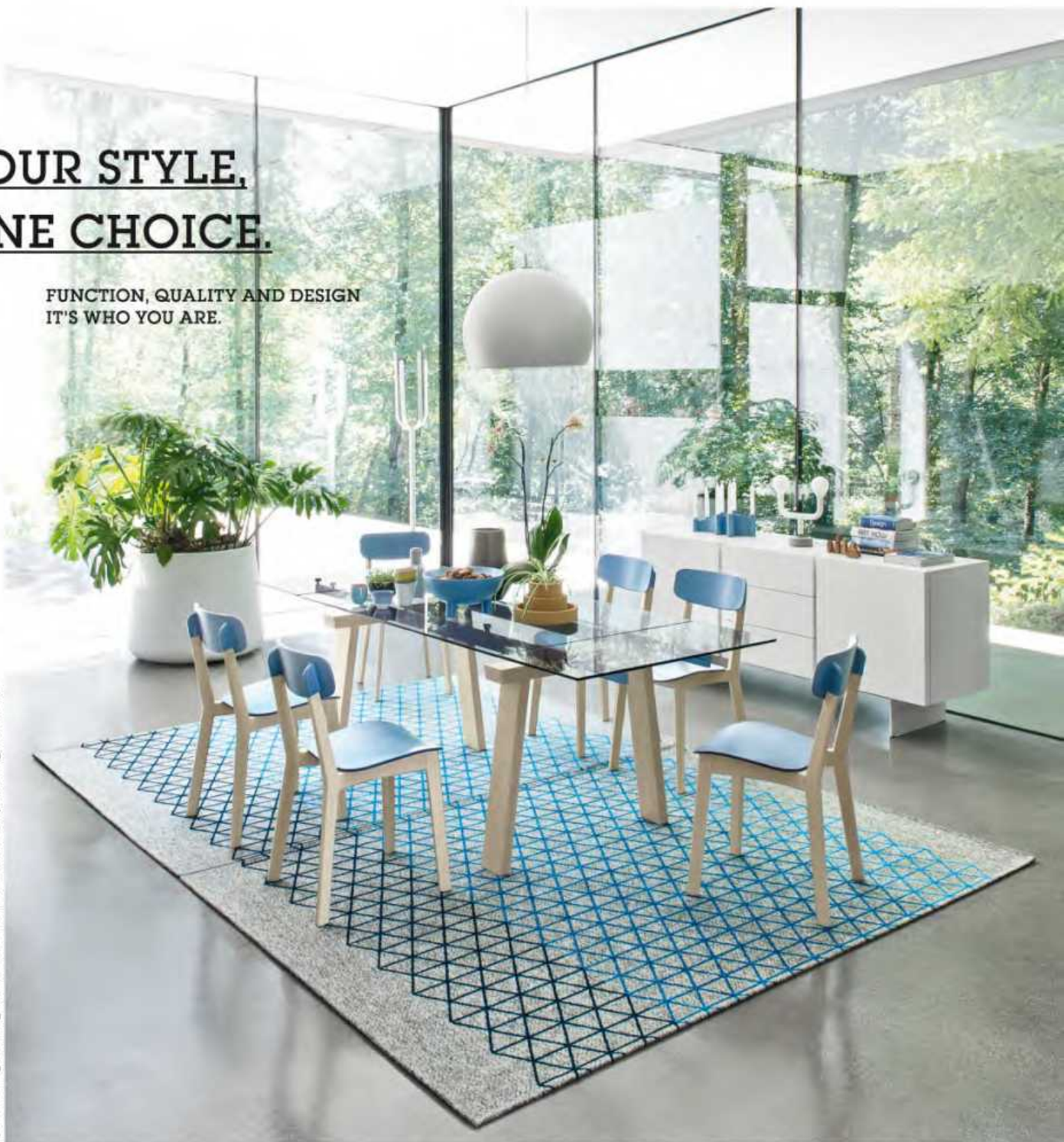
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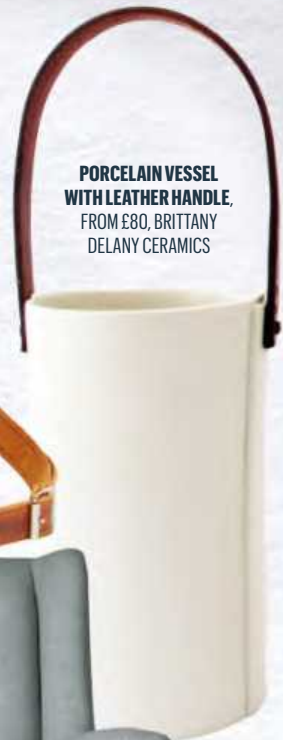
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# KITCHENS *with* CHARACTER

Whether you prefer a pretty vintage look, modern-rustic simplicity or traditional utilitarian style, we show how to create your dream design

PRODUCED BY BEN KENDRICK • WORDS BY CAROLINE ATKINS





### THE TRADITIONAL COUNTRY KITCHEN

has started to evolve in new directions over the past couple of years. Amid the classic dressers, plate racks, Agas and farmhouse tables, you'll find a sprinkling of steel-fronted cabinets and zinc-topped tables. There's still plenty of wood around, but these days it ranges from rough, salvaged, scaffold planks to neat paintwork in muted colours – and the furniture itself might even have streamlined curves and smooth-as-glass acrylic surfaces, rather than traditional panelling and visible grain. Over the following pages, we've identified three distinctive trends, along with the elements you can put together to create them. Many of these can be adapted to more than one look, so be prepared to blur the lines, selecting the features you like and combining them to suit the design you want and the way you live. ➡







## MODERN COUNTRY

The rugged serviceability of a more urban, industrial style has transferred effectively into the country kitchen. Walls of warehouse-style raw plaster or exposed brickwork create the perfect backdrop for a mixture of rough-hewn wood and smooth metal surfaces. Furniture that is – or appears to be – freestanding, in a mix of materials and finishes, suits the look, and should be purely functional, with no unnecessary decoration. Tables, units and worktops can be built from salvaged timbers and scaffolding boards, while vintage fruit or wine crates become shelves and wall racks. Supplement wooden cabinets with steel or zinc cupboards, reminiscent of factory lockers, fit a sleek, catering-style steel range and use heavy-duty wire trolleys to store vegetables and hold pans. Old brick or stone floors have an ideal pared-back quality, while poured concrete gives a cleaner, contemporary finish.



- Stack vintage crates to make a set of shelves, or attach wheels to the base of a single box to turn it into a trolley.
- Use strips of scaffold planking as an alternative to tongue-and-groove for cabinet doors and wall panelling.
- Streamlined island units can house appliances and sinks, as well as providing a useful extra surface. Keep plain and minimal for a laboratory workbench effect that will add an industrial element.
- Fit bulkhead wall lights or large, unshaded pendant lightbulbs with squirrel-cage filaments – though vintage in style, their utilitarian ‘show the workings’ construction is ideal for this look. ➔



- 1 Antique-finish, spring-arm wall light, £299, Olive & The Fox (oliveandthefox.co.uk)
- 2 Tiles, £9 each, Bert & May (bertandmay.com)

- 3 Copper pans, from £20-£70 each, Jasper Conran at Debenhams (debenhams.com)



### PLAIN AND SIMPLE

Like the Modern Country look but less industrial, this style is all about unfussy practicality with an emphasis on well-made cabinetry. Based on American Shaker styles and traditional British scullery pieces, designs by companies such as DeVol and Plain English feature plain panelling and minimal decoration, which lend themselves equally well to roomy farmhouses and small cottage kitchens. The look is streamlined and neatly fitted, with the occasional freestanding piece in the same style, and their hard-working designs provide plenty of built-in benefits – pantry and larder cupboards that come with storage slots and shelves, and island units that create the effect of a traditional kitchen table. Matt paintwork protects the woodwork while giving visual coherence. ➔



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- Include areas of plain wood for worktops, trims and floors to contrast with the cabinet paintwork.
- Add texture with a few neat basket drawers amid the cabinets and fitted into island units.
- Install an Aga and a solid, square-cut sink – either a deep ceramic Belfast or a shallower trough in stone or slate.
- Keep cupboard details subdued and understated: knobs and drawer pulls in dull pewter or unlacquered brass work well, as do simple rustic trimmings such as leather handles.



2

1

- 1 Colworth **storage unit**, £55, Garden Trading at Country Living General Store ([shop.countryliving.co.uk](http://shop.countryliving.co.uk))
- 2 Harrogate 170cm rectangular **table**

in Blakeney Blue, £795, Neptune ([neptune.com](http://neptune.com))

- 3 Dove Street Pottery Orkney **mug**, £15, John Lewis ([johnlewis.com](http://johnlewis.com))



3





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## VINTAGE NOSTALGIA

The farmhouse look is endlessly adaptable, assembled from individual pieces that can be added to over the years. A dresser makes a practical centrepiece, providing areas for display and drawers for storage, and an informal mix of open shelves and glazed cabinets keep china, glassware and favourite treasures on view and easily accessible. Areas of patterned tiles, hanging pan rails, stoneware jugs filled with utensils, old enamelware accessories and bold tea towels will all add variety and texture. If there's space for a table, keep it comfortable with cushions on chairs and a jug of flowers for added colour. ➔







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- Keep a lookout for vintage aluminium or ceramic jelly moulds and tin cookie cutters with interesting shapes to put on show.
- Supplement your storage with racks – displaying plates flat against the wall or slotting them sideways to save space.
- Use a traditional wooden draining rack (ideal with Belfast sinks), and collect handmade chopping boards that are practical and decorative.
- Mix mismatched chairs and stools – some painted, others plain. Tall stools can be used for occasional storage surfaces, as well as seating.



1 Perky **Bench** in Verdure, £315, Winter's Moon ([wintersmoon.co.uk](http://wintersmoon.co.uk)).

2 Pudding basin, £24, Cornishware ([cornishware.co.uk](http://cornishware.co.uk))

3 Vintage blue-and-white stencilled cockerel plate, £18, Pillo ([pillo.london.com](http://pillo.london.com))





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# CL directory



**B BRITISH STANDARD (020 7870 7688; britishstandardcupboards.co.uk)** Stylish, understated designs for kitchens, cabinets and worktops in solid woods. Made in Suffolk, reasonably priced and supplied ready-to-paint. Helpful website. **Prices from £8,000**

**C CHAMBER FURNITURE (01959 532553; chamberfurniture.co.uk)** Sleek, simple and contemporary bespoke styles. Handmade in Kent from quality hardwoods such as oak, ash and walnut. **Prices from £45,000**

**CHRISTOPHER PETERS (01926 832511; christopherpeters.com)** Stylish bespoke kitchens with a period feel – freestanding and fitted with solid wood or painted finishes. Warwickshire based. **Prices from £25,000**

**COTTESWOOD (01608 641858; cotteswood.co.uk)** Classic and modern country styles in painted and natural woods. Made in Oxfordshire using traditional methods. **Prices from £20,000**

**D DEVOL (01509 261000; devolkitchens.co.uk)** Classic styles combined with quality and innovation, including collaborations with contemporary craftsman Sebastian Cox. **Prices from £8,000**

**H HARVEY JONES (0800 389 6938; harveyjones.com)** Three handbuilt classic

styles – Original, Shaker and Linear – in a variety of colours. Ten-year guarantee; good environmental policies. **Prices from £18,000**  
**HOWDENS (020 7535 1110; howdens.com)** Ten styles of quality wooden kitchens but only available to trade so you need a professionally affiliated builder or fitter to purchase for you. Cabinetry guaranteed for 25 years. Comprehensive range of appliances – some exclusive. **Prices on application**

**I IKEA (0845 358 3363; ikea.com)** Affordable, appealing Scandi designs that you fit yourself or use the instore measuring, planning, delivery and installation service. **Prices from £2,500**

**J JOHN LEWIS OF HUNGERFORD (0700 278 4726; john-lewis.co.uk)** Country classics, sleek, contemporary styles and quirky, unique designs. Also freestanding furniture and a range of appliances. **Prices from £8,000**

**M MAGNET (01325 744094; magnet.co.uk)** Fifty styles of fitted kitchen, from traditional to ultra-modern. Many showrooms with built-in room settings. Virtual, instore or home-planner design service. Appliances. **Prices from £2,056**

**MARK WILKINSON (01380 850007; mwf.com)** Bespoke Wiltshire-made kitchens with distinctive designs. Complete service from flooring and lighting to appliances and fabrics. Great installation, customer service and aftercare. **Prices from £40,000**

**MARTIN MOORE & CO (0845 180 0015; martinmoore.com)** Well-made classic designs with the latest technology. Excellent reputation for service and quality. **Prices from £35,000**

**MCCARRON KITCHENS (01380 859299; mccarronandco.com)** Six traditional and modern fitted styles. One-off design service with high-quality cabinetry. **Prices from £40,000**

**N NEPTUNE (01793 427300; neptune.com)** Traditionally made painted timber kitchens in simple, classic styles with a New England aesthetic. Own range of paint colours from charcoal, indigo blue and berry red to off-whites and greys. **Prices from £10,000**

**P PARLOUR FARM (01285 885336; parlourfarm.com)** Painted wooden kitchens handmade in Cirencester. **Prices from £11,000**  
**PLAIN ENGLISH (020 7486 2674; plainenglish)** Classic wooden designs, made in Suffolk, with a Georgian or Shaker appearance. **Prices from £40,000**

**R RENCRAFT (01732 762682; rencraft.co.uk)** Quality wooden kitchens crafted on a farm in Kent. Country styles in solid oak, maple or walnut and waxed, oiled and painted finishes. Offers a bespoke design service. **Prices from £18,000**

**S SMALLBONE OF DEVIZES (020 7589 5998; smallbone.co.uk)** Eight stylish designs from cutting-edge contemporary to Georgian-inspired or country pine. Unusual detailing, plus innovative storage. Bespoke service. **Prices from £40,000**

**T TOM HOWLEY (0161 848 1200; tomhowley.co.uk)** High-quality fitted wooden kitchens in traditional and more contemporary styles. Bespoke service, design planning and installation. **Prices from £35,000**

**W WREN KITCHENS (0345 127 7008; wrenkitchens.com)** Family business producing fitted kitchens in a variety of styles and price points. Home measuring service. **Prices from £1,000**

## APPLIANCES AND ACCESSORIES

**A AGA (0845 712 5207; agaliving.com)** Traditional enamel range cookers, with new programmable, energy-efficient models and small city versions. Also fridges and wine-cooling systems.

**B BRITANNIA (01253 471001; britanniainliving.co.uk)** Stylish range cookers in stainless steel and coloured enamel finishes, plus hobs, ovens and cooker hoods.

**E EVERHOT (01453 890018; everhot.co.uk)** Enamelled electric range cookers with traditional appearance. Small sizes for compact spaces.

**L LEIBHERR (0844 4122655; myliebherr.co.uk)** Quality Swiss fridges and freezers – freestanding, built-in, counter-top or under-counter models, featuring modern styling and storage.

**LEISURE COOKERS (0845 600 4916; leisurecooker.co.uk)** Large range cookers in a variety of finishes, with gas, electric and dual-fuel options. Also range of modern hoods.

**N NEFF (0844 892 8989; neff.co.uk)** Stylish ovens, hobs, extractors, dishwashers and fridge-freezers. Also built-in compact appliances. Useful website and spares line.

**R RANGEMASTER (0800 804 6261; rangemaster.co.uk)** Larger range cookers, with the option of grills, griddles and twin ovens. Also, taps and sinks in stainless steel.

**S SAMSUNG (0844 545 6523; samsung.com)** Washing machines, fridge-freezers, hobs and ovens in modern styles and compact built-in appliances. Stainless steel and black glass finishes.

**SMEG (0844 557 9907; smeguk.com)** Design-led kitchen appliances, in plain and coloured finishes.

**SUB ZERO & WOLFF (0845 250 0010; westye.co.uk)** High-end quality fridge-freezers, ranges, ovens, hobs and wine coolers. Great service.



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# a month in the *country*

## WHAT TO SEE *October*



### MAGIC MUSHROOMS

It's no surprise that wild fungi have been part of fairytale lore in this country for hundreds of years. Appearing seemingly overnight in shadowy woodland or arranged in mysterious circles, with their perfectly domed heads and soft underside gills, they could easily have come from another world. Indeed, one popular myth suggests they are the gift of spirits, scattered over fields during the night to provide food for the hungry.

There's no denying that the sight of fresh mushrooms clustered in a dewy meadow or hidden among damp undergrowth on a misty autumn morning is one of the pleasures of the season. Edible species to keep an eye out for include the shaggy inkcap (*Coprinus comatus*), shown above, also known as lawyer's wig, which favours lawns, gravel roads and wasteland, and the giant puffball (*Calvatia gigantea*), which thrives in forests and fields and can grow to the size of a melon.\*

COMPILED BY ANNA JURY AND CHARLOTTE DEAR. \*NEVER EAT WILD MUSHROOMS WITHOUT FIRST IDENTIFYING THEM USING A RELIABLE GUIDEBOOK. IF IN ANY DOUBT, DO NOT RISK CONSUMING THEM.



### DOWN ON THE FARM

*Helen Browning reveals what is taking place on her mixed organic holding in Wiltshire*

WITH WINTER FAST APPROACHING, we are drilling the majority of our autumn-sown arable crops, so long hours are spent on tractors getting the seedbeds ready for wheat, spelt and oats. The livestock team are preparing housing for the cattle, cleaning and bedding the barns to keep less hardy beasts cosy. Our yearling beef

crosses usually live outside on turnips and kale, but the younger ones and the Friesians all need to be indoors. Ewes are being readied for tugging with a trim around their bottoms, and an increasingly calorific diet, which means plenty of grass, but no red clover (as it may have oestrogenic properties). And the summer's hard work



is marked by a harvest supper at our local pub. For information about Helen's farm, see [helenbrowningorganic.co.uk](http://helenbrowningorganic.co.uk).



### IN NATURE

*Naturalist Simon King offers tips about the wild visitors you will see in your garden*

THE SEASON OF PLENTY IS IN FULL SWING and small creatures are making good use of the wealth of wild foods available. Trees such as beech, oak, chestnut and hazel are shedding their nuts, seeds and acorns, creating a feast for different species. Squirrels, grey and red, are planting trees – well, storing food – but they are often the architects

of new woodland when they forget where nuts are buried. Windfall apples or pears will be utilised by birds and mini beasts, from late wasps on a warm day to mice and voles by night. If you have a surfeit of fruit, be it apples or soft fruit, put some in the freezer to be cast onto the lawn later in the winter. This sweet resource could be a life-saver



for visiting redwings, thrushes and fieldfares. To learn about Simon's work, see [simonkingwildlife.com](http://simonkingwildlife.com).



## ENJOY A SLOW SUNDAY

*Why not set aside one day a week to savour the simple pleasures in life?*



### COLLECT SEEDS

There's something very satisfying about rows of brown paper bags lined up in the shed, full of seeds harvested from your own garden and full of promise for next year's blooms. Choose a dry, still day and snip whole, ready-to-burst seed heads into paper bags. Leave them hanging in a shed or similar dry, airy place until the ripe seeds fall from the pods, then sift out any debris and seal them in a labelled envelope. Poppies, foxgloves, sunflowers, cosmos, love-in-a-mist and honesty are all easy to harvest, but don't be tempted to strip the garden. You'll have more than enough from just a few and, by leaving the rest, you'll enjoy seeing their sculptural forms on frosty autumn mornings, as well as the birds that come to feast on them. *Read: The Manual of Seed Saving by Andrea Heisteringer (Timber Press, £25)*



### MAKE YOUR OWN MUESLI

A glut of harvested sunflower and pumpkin seeds can make a delicious breakfast. Mix them with hazelnuts, rolled oats and raisins, and serve with milk and a handful of the last of the season's berries.



### CARVE A PUMPKIN

While it's tempting to opt for the prize-winner from your patch, the biggest pumpkins don't necessarily make good lanterns – thick, dense walls are tricky to carve and don't allow the candle to glow through. Mid-size specimens are far more manageable and the tiny varieties, such as 'Wee B Little', are perfect for children.



### A SIMPLE MAKE... PUMPKIN DECORATION

*Recycle an old book with this clever autumnal idea*

- 1 Draw a pumpkin shape on a piece of paper large enough to fill both sides of your open book, then cut it out.
- 2 Remove the front and back covers of the book and open it roughly halfway.
- 3 Place your pumpkin template on top and trace onto the pages.
- 4 Using a pair of scissors or a craft knife, cut out the shape of the pumpkin, several pages at a time.
- 5 Brush or sponge some orange paint onto the edges of the pages of the cut-out shape.
- 6 When the paint is dry, open the book so the first and last pages and the spine are exposed and use a glue gun to fix a cinnamon stick or twig carefully along the spine of the book. Then glue the first and last pages together, sit the pumpkin up straight and allow to dry.
- 7 Tie a piece of green ribbon to the stem of the stick or twig and display your centrepiece for all to enjoy.

SLOW SUNDAY WORDS BY KATE LANGRISH. PUMPKIN DECORATION CREATED AND PHOTOGRAPHED BY CLEMENTINE COATES (CLEMENTINECOATES.CO.UK). ORANGE WATERCOLOUR PAINT, HOT-GLUE GUN AND RIBBON, FROM A SELECTION, HOBBYCRAFT (HOBBYCRAFT.CO.UK)

# 3

## COURSES... IN BREAD MAKING

- 1 **Artisan Bread Weekend** Fir Mount House, Kingswear, Devon Learn all the skills needed for delicious artisan bread, from the classic overnight white to more adventurous oat and apple. 17-18 October, £250 (01803 752943; [mannafromdevon.com](http://mannafromdevon.com))
- 2 **Real Bread Making for Beginners** Merlin Park, Burscough, Lancashire Covers the basics of fermenting, kneading, proving, shaping and baking for different types of loaf. 10 October, £95 (0845 860 2141; [artisan-foodworks.co.uk](http://artisan-foodworks.co.uk))
- 3 **Three Day Bread Course** The Old Church, Muirkirk, Ayrshire Practise basic bread making before moving on to specialist, European and enriched doughs on this course. 3-5, 16-18 October, £360 (01290 660045; [lesleyskitchen.com](http://lesleyskitchen.com))



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\*based on 12 months IRI colourants unit sales ending January 2015. ©2015 P&G

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## MEET A COUNTRY CHARACTER



The performance of equine stars is often as impressive as that of the actors in TV series such as *Merlin* or the films *War Horse* and *Robin Hood*, but have you ever heard of the man responsible for these charismatic creatures? Gwynedd local Dylan Jones virtually grew up in the saddle and, like his father Aneuryn, went on to become a film horse specialist and stunt rider. But realising that nobody in his native Wales was training horses professionally for its fast-growing entertainment industry, he set up Dolbadarn Film Horses in the shadow of Mount Snowdon. Known as a 'horse whisperer' for his ability to motivate them to do almost anything, Dylan has worked with some of the biggest names in the business (such as Guy Ritchie on *King Arthur*) but, throughout, has prided himself on maintaining the highest standard of care for the animals he is passionate about. *For more information, visit [filmhorses.co.uk](http://filmhorses.co.uk)*

### WHAT'S IN A NAME?

## *Ducis*

Latinised place-name element meaning 'of the duke'. Usually indicates that a manor was once ducal property, as at Collingbourne Ducis in Wiltshire.\*



## NEWS YOU CAN USE

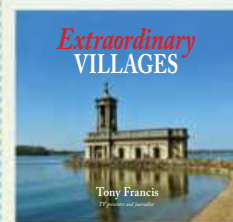
When was the last time you saw a flock of sheep grazing in central London? To launch the sixth annual Wool Week, HRH The Prince of Wales will be organising just such a spectacle in London's Savile Row. As patron of The Campaign for Wool, which was created to raise awareness of the history, beauty and versatility of wool, he is keen to encourage the British public to choose it as their winter warmer: "Not only does it leave a lighter footprint on the planet than manmade alternatives, it is also a better product... I hope that over the coming years there will be ever more of you who are proud to be just a little bit woolly," the Prince says. With numerous events taking place from 5-11 October, this is a perfect time to join a local knit-and-stitch group, or start one yourself and see what you can produce for winter. Keep up to date with the latest news and events during Wool Week at [campaignforwool.org](http://campaignforwool.org).



## *Eco tip*

Place old or bent iron nails around plants – the rust is great for varieties that need iron, such as azaleas

### FROM YOUR ARMCHAIR



Broadcaster and journalist Tony Francis uncovers hidden secrets and island communities as he explores the places and people who live in 50 of Britain's most remarkable villages (Merlin Unwin Books, £14.99)\*\*

## 5 APPLE FESTIVALS

1

**For families** Brogdale National Apple Festival, Kent, 17-18 October Children can enjoy exploring the farm on a miniature train before trying to 'hook an apple' ([visitkent.co.uk](http://visitkent.co.uk)).

2

**For growers** Bere Apple Fest, Devon, 3 October Bring your own apples to be juiced and get advice on grafting, pruning and making the most of your fruit trees ([tayvapples.org.uk](http://tayvapples.org.uk)).

3

**For variety** Tenbury Applefest, Worcestershire, 3 October Discover the skill of willow weaving and enjoy Morris dancing and live music ([tenburyapplefest.co.uk](http://tenburyapplefest.co.uk)).

4

**For history** Ironbridge Apple Day, Shropshire, 10 October Wash down a hog roast and WI baked treats with apple juice fresh from a traditional press ([shropshireappletrust.co.uk](http://shropshireappletrust.co.uk)).

5

**For fun and games** Ely Apple Festival, 17 October All the fun of the fair with apple and spoon races, an apple shy and woodturning demonstrations ([visiteley.eastcambs.gov.uk](http://visiteley.eastcambs.gov.uk)). ➔





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## FURTHER AFIELD



Enjoy exploring the footpaths that surround the Crown & Garter but make time to visit the other features of the area: meander along the **Kennet & Avon Canal** ([canalrivertrust.org.uk](http://canalrivertrust.org.uk)) and through wildlife-haven **Hungerford Marsh** ([bbowt.org.uk](http://bbowt.org.uk)); see the last working windmill in Wessex ([wiltonwindmill.co.uk](http://wiltonwindmill.co.uk)); pay court to the real Downton Abbey, **Highclere Castle** ([highclerecastle.co.uk](http://highclerecastle.co.uk) – open Sunday-Thursday until 10 September), above; or marvel at the ancient oaks of **Savernake Forest** ([forestry.gov.uk/savernake](http://forestry.gov.uk/savernake)).



### LOCAL LANDMARK

**Combe Gibbet, erected in 1676 on Inkpen Long Barrow, near Walbury Hill, the highest point in south-east England** ➔

WORDS BY EMMA PRITCHARD



**CLOCKWISE, FROM LEFT** Some of the town's many antiques shops; Hungerford Wharf on the Kennet & Avon canal; the Crown & Garter restaurant serves fine seasonal fare



## A NIGHT AND A DAY IN... HUNGERFORD

### Stay...

At the Crown & Garter, where you're sure to sleep soundly in one of the ten individually styled rooms of this west Berkshire pub. Housed in an old red-brick former farmstead, it has a garden with beautiful views over the countryside and a dining room with an open fire for cosy evenings in the winter. Superking beds, a private courtyard and complimentary cake, made in the on-site bakery, add indulgent touches. Breakfast on a locally sourced full English or oven-warm pastries. Double B&B plus dinner from £130 (01488 668325; [crownandgarter.co.uk](http://crownandgarter.co.uk)).

### Eat...

Seasonal dishes such as roast quail and wild mushrooms in the Crown & Garter's award-winning restaurant, with ales by the West Berkshire Brewery, or at local favourite The Dundas Arms, a Georgian Inn on the Kennet & Avon Canal at Kintbury. In Hungerford itself, treat yourself to delicious streusel muffins and cakes at café & Eliane, enjoy traditional pub fare at ancient hostelry The Bear; or picnic on the common or by the River Dun, which runs through this market town, with Scotch eggs, local cheeses and artisan bread from nearby Cobbs Farm Shop.

### Browse...

The seemingly never-ending shelves of Hungerford Arcade – just one of the many enticing antiques and vintage emporia along the high street, which also include The Swedish Room, Below Stairs and Cooper & Cooper. If fashion is more your taste, try Roxtons for brands such as Noa Noa and Dubarry, or Mistral, on the other side of the canal. Finally, don't miss the ever-changing but always stunning window displays of the recently opened Sarah Styles Florist – also a great place to pick up home accessories and gifts.

**Don't miss** The Royal County of Berkshire Show – one of the UK's top ten agricultural shows – for livestock, showjumping, local food and craft stalls (19-20 September; [berkshireshow.co.uk](http://berkshireshow.co.uk)).

### GET IN TOUCH

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Overlooking the historic Herefordshire market town of Kington, on the Welsh border, is Arrow Grange. A half-timbered house with late-Jacobean origins, it was sensitively refurbished and extended in the 1990s to create a careful mix of traditional style and modern features.

With a flagstone floor and oak staircase, the entrance hall showcases the sense of craftsmanship to be found throughout. The kitchen looks onto the rear garden and includes granite worktops, a Rayburn and stone floor. The great hall has a full-height vaulted ceiling, open trusses, exposed beams and a feature fireplace with log-burning stove, while the grand dining room has a stone floor and leaded windows. A galleried landing overlooks this room and leads to the two-storeyed jettied porch, thought to be designed by one of the architects of Hereford cathedral, with magnificent views across the Welsh Marches.

Upstairs are two master bedroom suites, three further bedrooms and two family bathrooms. A vaulted garden room houses a swimming pool, while a separate coach house provides a useful workshop and double garage, with a self-contained apartment above.

The landscaped gardens, which have been divided into 'rooms', feature sculpted yew hedging, a sunken water-lily pond and an orchard of mixed fruit trees. The paddock stretches down to the River Arrow, with fishing rights and a decked seating area on the riverbank.

PHOTOGRAPHS BY ALAMY, GAP GARDENS; GETTY IMAGES; ANDREW MONTGOMERY; NATURE PL.  
ILLUSTRATIONS BY JO BIRD, JAMES CAREY, JOANNA KERR



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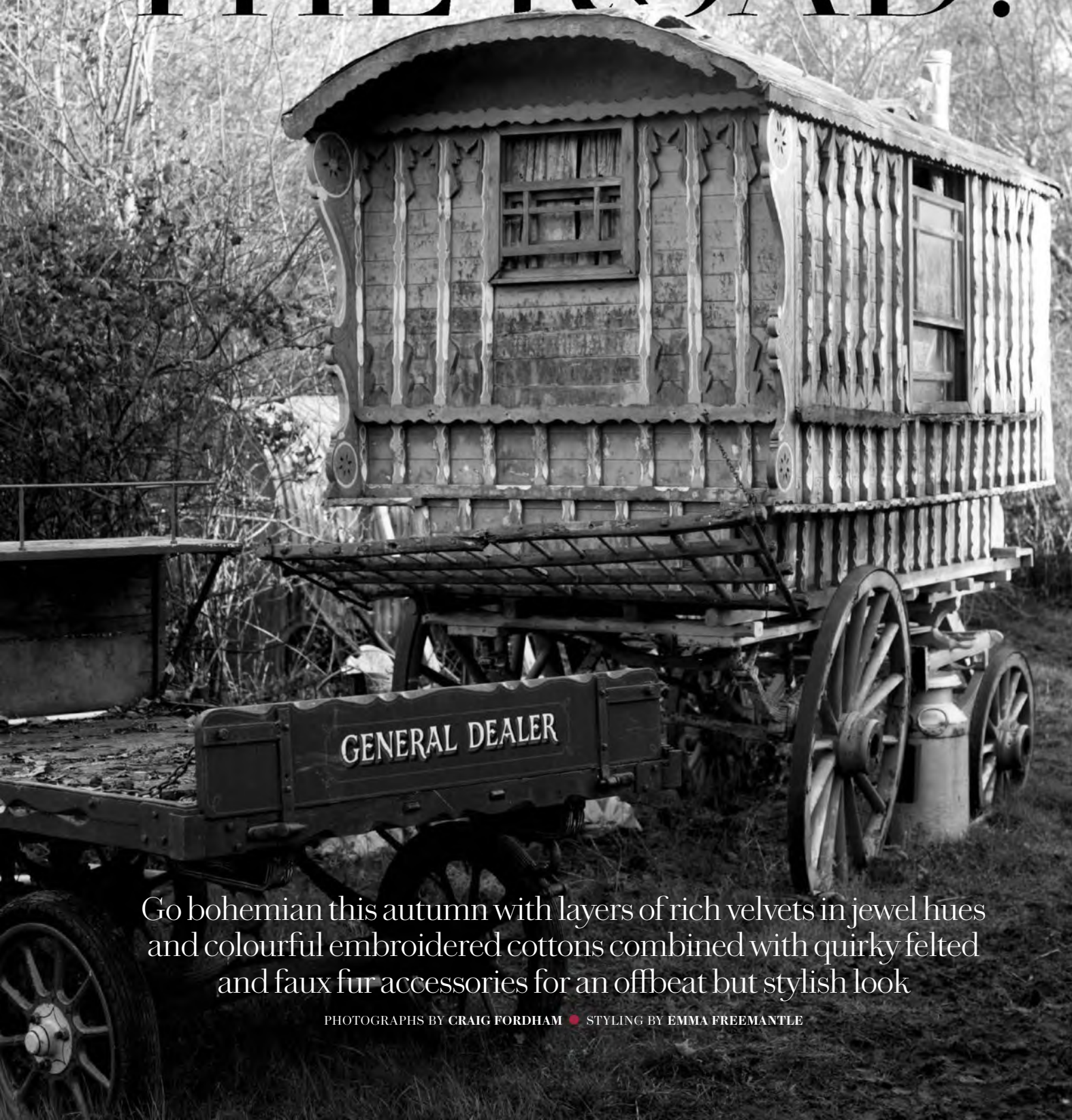
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Knitted **scarf** (as headband), £30, Forever Amano. Green Frisco **jacket**, £320; grey knitted **top**, £280: both Linda Dooley. Pink cashmere **scarf**, from a selection, Liberty. Knitted **jewellery**, from £18, Jane Pennington



# TAKE TO THE ROAD!



Go bohemian this autumn with layers of rich velvets in jewel hues and colourful embroidered cottons combined with quirky felted and faux fur accessories for an offbeat but stylish look


PHOTOGRAPHS BY CRAIG FORDHAM • STYLING BY EMMA FREEMANTLE





Knitted **cardigan coat**,  
£190, Forever Amano.  
Metal-decorated **belt**,  
from a selection,  
Jessie Western. Printed  
blue silk **scarf**, from  
a selection, Damian  
Clark. Blue/pink check  
**scarf**, from a selection,  
Liberty. Embroidered  
beaded vintage **dress**,  
£480, Turkmen Gallery.  
Ribbed **leggings**, £45,  
TK Maxx. **Wellingtons**,  
£15, Dunlop at Blacks



Vintage **hat**, from a selection, Worn With Love. Silk **scarf** (tied around head), from £45, Damian Clarke. Velvet **coat**, £225, Manijeh. **Cardigan**, £160, Forever Amano. Red velvet-trim **top**, £35, Gabriella Knight. Silver **necklace**, tassel and bead embroidered **necklace** and **rings**, all from a selection, Joss Graham and Turkmen Gallery. Pink and white silk **scarf** (as belt), from a selection, Liberty. **Skirt**, from a selection, Worn With Love 





Velvet **coat**, £225,  
Manijeh. Stripy knitted  
**cardigan**, £160,  
Forever Amano. Pink  
and white silk **scarf** (as  
belt), from a selection,  
Liberty. **Skirt**, from a  
selection, Worn With  
Love. Ribbed wool  
**leggings**, £45, TK Maxx.  
**Wellingtons**, £15,  
Dunlop at Blacks



Swedish design with a green soul

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Get your boots on and go on an autumn walk through Swedish mushroom forests, along the Norwegian fjords and over the moors in Iceland, through the stunning birch forests and Copenhagen's bustling alleyways. It is the Nordic nature and culture that has inspired me for autumn's collections.

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**TOP LEFT** Knitted **scarf** (as headband), £30, Forever Amano. Green Frisco **jacket**, £320; grey **top**, £280: both Linda Dooley. Knitted **jewellery**, from £18, Jane Pennington. **Scarf**, from a selection, Liberty. Embroidered vintage **skirt**, from a

selection, Joss Graham **TOP CENTRE** Vintage hand-embroidered **headband**, £35, Worn With Love. Vintage velvet **jacket**, from a selection, Turkmen Gallery. Velvet-trim **cardigan** (just seen), £29, Gabriella Knight. Wool **scarf**, from £29,

Forever Amano. Indian embroidered **skirt**, £185; **necklace** and **ring**, from a selection: all Joss Graham **TOP RIGHT** Indian **tassels** (around head), £120 (pair); vintage Afghan **dress** with beaded cuffs, £300: all Joss Graham.

**Cardigan** (just seen), £29, Gabriella Knight. **Rings**, from a selection, Turkmen Gallery **BOTTOM CENTRE** **Hat** with faux-fur pom-pom ties, from a selection, TK Maxx. Velvet-trimmed paisley-pattern **cape**, £225, Indigo Boo. **Dress**, from a selection,

John Lewis. Beaded tassel **necklaces**, from a selection, Turkmen Gallery. Silver **rings** and **bracelets**, from a selection, Annakin and Pat Chandler **BOTTOM RIGHT** Antique **lantern**, from a selection, Josephine Ryan Antiques





**Barbour**

[www.barbour.com](http://www.barbour.com)





Green velvet **jacket**,  
£225; red silk **jacket**,  
£145: both Manijeh.  
Velvet-trim **cardigan**,  
£29, Gabriella Knight.  
Vintage embroidered  
Indian **skirt**, £120;  
**rings** and **beads**, from  
a selection; vintage  
mirrored **hanging**,  
£395: all Joss Graham.  
Silver **necklaces**, from  
a selection, Annakin.  
Ribbed **leggings**, £45,  
TK Maxx. **Boots**, £165,  
Ash. **Lantern**, from a  
selection, Josephine  
Ryan Antiques





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## FASHION

Red cashmere **snood** and **scarf**, both £65, Bird of Paradise.

Vintage embroidered **dress**, £375; **rings**, from a selection; all Joss Graham. Semi-precious gemstone **bracelets**, from a selection, Turkmen Gallery. **Skirt**, from a selection, Worn With Love 

 *For stockist details, see Where to Buy*



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**HAND-CRAFTED DECORATIONS**

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Discover the best of British with delicious sausages, gourmet cheeses, homemade chutneys and a superb selection of Christmas cakes, puddings

and chocolates. And, of course, you can indulge in a fantastic range of wines, spirits and liqueurs.

**BE INSPIRED AND GET CRAFTING**

Whether your passion is knitting, stitching or upcycling, we have a fantastic range of items to help you complete your festive projects. And, what's more, many sellers are experts in their fields, so you can ask them for advice.

**FINISHING TOUCHES**

Our Fairs are a haven for discerning shoppers, with everything from scarves to luxurious cashmere and enchanting jewellery collections. ➔







### COOK UP A FEAST

Ever wondered how to create an effortless roast or like the idea of making your own edible gifts? We've brought together some of the country's finest food producers for you to meet and talk to. Sample their wares and then watch experts use the ingredients to make canapés, presents and delicious puddings.

### GET CREATIVE

Head to our Craft & Create Room in Glasgow and Harrogate to make seasonal decorations such as wreaths and more in our complimentary workshops.

### ENJOY STRESS-FREE SHOPPING

Fast-track entry to the Fair, access to a private lounge, a complimentary glass

of cava, plus free tea and coffee and a luxury goody bag – our VIP tickets are a fantastic opportunity to treat yourself, a friend or a member of your family to a memorable day out.

### TAKE TIME OUT

Catch up with friends over a glass of fizz in the Champagne Lounge in Glasgow and Harrogate, and London's Codorníu Bar.

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Ticket	£53	£53	£53
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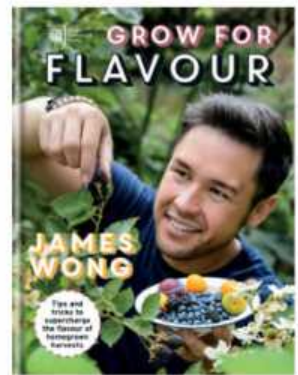
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## PLANT POWER

*Viburnum plicatum* f. *tomentosum* 'Kilimanjaro Sunrise' is a compact and upright shrub that offers almost year-round interest. Pink-flushed lace-cap spring blooms mature to white and in summer it bears deep red berries that turn glossy black. This is followed by a second light flowering before leaves take on red and purple hues in autumn. To order for £25, visit [burncoose.co.uk](http://burncoose.co.uk).



## TASTE THE DIFFERENCE

Before planning next year's fruit and vegetable crops, read James Wong's *Grow for Flavour* (Mitchell Beazley, £20), which is full of advice on the best varieties and how to enhance the flavour of what you grow. It's all a bit 'mad professor', with aspirin foliar feed and tomatoes given a mineral boost with molasses, but he explains the research behind it. To buy a copy for just £13 with free p&p, call 01903 828503, quoting Grow/MB623.\*

# garden notes



## Everything you need to know to get the most from your plot in October

WORDS BY STEPHANIE DONALDSON

it won't be too time-consuming either. I keep it purely horticultural so it also means I have a very useful, easily accessible record of my gardening life through the year. Meanwhile, I will be using my long-handled tree pruner (see this month's Buy Wisely overleaf) to tidy up the trees before the autumn gales wreak havoc. A bit of judicious pruning now will save dropped or torn branches later. Tree pruners will cut small branches (35mm); anything larger is better tackled from a safe platform or tripod ladder, or by a tree surgeon. You can follow my blog at [theenduringgardener.com](http://theenduringgardener.com) and those who like a blend of art and horticulture will enjoy [plantcurator.com](http://plantcurator.com).

## THIS MONTH...

I've become a great fan of Instagram as a way of linking up with other gardeners, sharing images of our plots, favourite plants and anything that might be of interest. When I don't have time to blog, I take a photo on my phone – of my own garden or one of the many I visit, an innovative plant combination or inspiring idea – and post it straightaway. I love the fact it is quick and easy and, unlike Twitter, you don't need to say anything witty – just add a name or location – and if you avoid the urge to follow every other gardener on the site,

## WHAT TO DO

### *In the greenhouse*

Bring half-hardy plants under cover.  
Ripen squash on shelves.  
Sow sweet peas and hardy annuals.

### *In the garden*

Gather fallen leaves and compost them in a wire-netting bin.  
Remove saucers from underneath plant pots and containers.  
Buy new herbaceous perennials now to establish over winter.

### *On the allotment*

Plant garlic in a sunny spot.  
Cut down dying foliage and remove debris to reduce hiding places for slugs and snails.

Spread last year's leaf mould where root vegetables will be grown next year.



\*BOOK OFFER IS SUBJECT TO AVAILABILITY. PLEASE ALLOW SEVEN DAYS FOR DELIVERY





## OUT & ABOUT

Although mainly mail order, Long Acre Plants in Wincanton, Somerset, is definitely worth visiting to find inspiration for shade planting if you are in the area. Specialist grower of perennials, ferns and bulbs for shade, it has comprehensive collections of varieties that will do well in either dry or damp conditions. It takes a bit of determination to visit – the nursery is tucked down a narrow side road off the B3081 and only open on Thursdays and Fridays until the end of October, between 9am-4pm, and closed for lunch. Fortunately, you can order direct from [plantsforshade.co.uk](http://plantsforshade.co.uk).

## Nurture with nature

SylvaGrow is a range of sustainable wood-based potting composts for amateur gardeners (£6.99/50 litres) that is also used by professionals (under a different name). Ingredients are sourced largely from UK trees, are 100 per cent peat-free and contain no green waste (which can



cause problems with variability). Standard and ericaceous mixes are ideal for everything from seed raising to planting up containers. See [sylvagrow.co.uk](http://sylvagrow.co.uk) for local stockists.

## PICK OF THE SHRUBS

### *Ceratostigma willmottianum* 'Forest Blue'

**WHY?** As everything else starts to fade, this low-growing and spreading shrub, also known as Chinese plumbago, bears masses of vivid cobalt-blue flowers that last into early winter, accompanied by rich russet-red leaves.

**WHERE?** Plant in full sun in a sheltered spot, ideally in light fertile soil that does not dry out too quickly; position it at the front of the border or to grow over a low wall.

**BEWARE** It is generally pest free but may suffer from powdery mildew if allowed to dry out – a moisture-retaining mulch will help keep it at bay.

*Tip:* get children to jump up and down on your leaf heap – you'll fit more in and leaves rot better when compacted

## BUY WISELY

### *Tree pruners*

**LONG** Spear & Jackson's Razorsharp Telescopic Tree Pruner and Saw Blade 4940TP extends to 2.3m and includes a pruning saw as well as a lopper head (£64, [spear-and-jackson.com](http://spear-and-jackson.com)).

**LONGER** Gardena Comfort Telescopic Pruning Lopper StarCut 410BL has a 32mm maximum cut and 2.3m-4.1m reach with a telescopic aluminium handle (£109.99, [gardena.com](http://gardena.com)).

**LONGEST** Fiskars Telescopic Garden Cutter UP86 has a shaft that adjusts from 2.4m-4m, giving a maximum reach of 6m (£97, [fiskars.co.uk](http://fiskars.co.uk)).



ILLUSTRATIONS BY MARIANA LO

**EVENT** Don't miss the Garden Museum Literary Festival, Hatfield House, Hatfield, Hertfordshire, from 3-4 October ([gardenmuseum.org.uk](http://gardenmuseum.org.uk))





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# Canine *companion*

If you're considering owning a dog, thinking about how you will suit each other is the vital first step. In this series, we help you find the right breed for your lifestyle

WORDS BY RACHAEL OAKDEN

## #2 DOGS THAT LOVE WATER

The splash of a dog bellyflopping into water is a sound that encapsulates sheer joy. Even people who feel agnostic about dogs would be challenged not to smile at the spectacle of a labrador launching itself from a boat jetty or a spaniel paddling through the surf in pursuit of its ball.

Water-loving breeds were developed to work in water: retrieving fowl, hauling fishing nets or hunting river-dwelling prey. These animals are hardy and intelligent with bags of stamina and enthusiastic temperaments – but what they boast in *joie de vivre* they sometimes lack in social skills. You'll soon get used to apologising when your waterlogged dog shakes itself dry over snoozing sunbathers and riverside picnickers. And, as anyone who's ever been confined in a car with one will know, a wet, salty dog is not a fragrant travelling companion.

Swimming is a great exercise for your dog, but only when the water is clean and safe. Riptides, rapids, submerged debris and pollution pose as many dangers to dogs as they do to wild-swimming humans. Make sure yours is firmly and consistently trained to come back when called. That way it will only take the plunge when you're confident it is safe (and polite) enough for it to do so. 🐾



## THREE WATER-LOVING BRITISH BREEDS



### 1 OTTERHOUND

Everything about this striking, shaggy beast is larger than life, from its exuberant bark to its lanky gallop. In its scruffy coat, it's not the smartest pooch in the pack, but those long ears and aristocratic eyes betray an ancient pedigree. The otterhound was bred from English hounds (although it probably has French ancestry, too), thought to include the bloodhound. It would spend whole days in freezing rivers in pursuit of its prey, often completely submerged – a job for which its large webbed feet and insulating, woolly undercoat equipped it perfectly.

Its role evolved when otters were vermin, but the hunting ban in the 1970s could be one reason the otterhound's popularity has diminished: just 22 puppies were registered by the Kennel Club in 2014, making this the most endangered native breed in Britain. Granted, these are boisterous dogs with big personalities that require owners – and homes – to match. They need diligent training, too, because they are superlative scent-sniffers and, unless you've honed an impeccable recall, you won't see them for dust if they catch a scent of water or prey. But they don't need masses of exercise, so if you have the time and space to take one on, you'll be rewarded with a loyal companion.

**COUNTRY OF ORIGIN**  
GREAT BRITAIN

**ORIGINAL PURPOSE**  
HUNTING OTTERS

**LIFE EXPECTANCY**  
12 YEARS

**HEIGHT RANGE**  
58-69CM

**BREED CLUB**  
OTTERHOUND  
CLUB.CO.UK

### 2 FLAT-COATED RETRIEVER

The flat-coat has a reputation for being 'slow-maturing'. In other words, it acts like a puppy for the first few years of its life, and whether you think that's a good thing or a bad thing will depend on how much stamina you've got. One surefire way to burn off some of its energy is to take it swimming. Descended from water-loving Newfoundland retrieving dogs imported into Britain and crossed with setters, it is as graceful and powerful in water as it is on land.

A people-pleaser with a cheerful temperament and appetite for hard work, this slender-faced gundog was prized by 19th-century gamekeepers, having been bred to retrieve shot birds that landed in water. It became almost extinct in the mid-20th century, but is now a popular working breed once more.

Like all water-loving dogs, flat-coated retrievers are not an ideal choice for the house-proud. As well as shedding its medium-length coat, it will carry a fair amount of mud and debris indoors on its feathered legs and tail. But it makes a gentle and affectionate family pet, albeit one that thrives in energetic households with large gardens and outdoor lifestyles. ➔



**COUNTRY OF ORIGIN**  
GREAT BRITAIN

**ORIGINAL PURPOSE**  
RETRIEVING GAME

**LIFE EXPECTANCY**  
12-14 YEARS

**HEIGHT RANGE**  
56-61CM

**BREED CLUB**  
FLATCOATED-  
RETRIEVER-SOCIETY.  
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**THIS PAGE** The otterhound (top) and flat-coated retriever (right) are both intelligent and inquisitive breeds



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# Regular dips keep the water spaniel's coat looking clean and glossy

## SWIMMING TIPS

### BEWARE BLUE-GREEN BLOOMS

Blue-green algae or cyanobacteria occur naturally in inland waters, estuaries and the sea. But in certain conditions – particularly during still, warm weather – they may grow excessively and form blooms, some of which are known as harmful algal blooms (HABs). These produce toxins that can kill livestock and domestic pets that swallow them (and can cause skin rashes and sickness in humans). They can make the water's surface appear green or blue-green and may also cause scum to accumulate on the shoreline. Information signs that warn of HABs in lakes and tarns should be taken seriously. For more information, see [gov.uk/government/publications/blue-green-algae-advice-for-the-public](http://gov.uk/government/publications/blue-green-algae-advice-for-the-public).


### EAR HEALTH

Ear problems are the second most common reason for canine visits to the vet, and wet, warm ears are the perfect place for bacterial and fungal infections to thrive. If your water-loving dog is particularly sensitive, always dry their ears after swimming and clean them regularly with a specialist cleaner.

### DOG-FRIENDLY BEACHES

While many beaches ban dogs between May and September, there are still hundreds of dog-friendly strands around the UK coastline. See [nearestbeach.co.uk](http://nearestbeach.co.uk).

### BENEFITS OF SWIMMING

Swimming is gentle on the joints, which is why hydrotherapy (usually in heated pools) is an effective way to exercise injured dogs, but it also gives your dog a vigorous cardiovascular workout: according to the Canine Hydrotherapy Association, a five-minute swim requires the same amount of energy and stamina as a five-mile run. Bear this in mind before you encourage your elderly retriever to take to the water. If in doubt about whether or not to allow your dog to swim in cold sea, rivers or lakes, consult a vet. 

*Next month: dogs for young families*

## 3 IRISH WATER SPANIEL

Owners of these curly-coated gundogs must wish they had a pound for every time a passer-by asks them what sort of poodle they are walking. With its tight ringlets and fluffy top-knot, the Irish water spaniel does bear a fleeting resemblance to a standard poodle – which originated as a European water-retrieving dog – and it probably does have some of that ancient breed in its ancestry, although its exact origins are unclear. What is known is that it was bred to hunt, flush and retrieve wildfowl from the boggy marshes and waterways of rural Ireland – hence its ancient nickname of Bog Dog. It looks and acts more like a retriever than a spaniel and is an especially gifted sniffer dog, whether it is on the scent of shot game or illegal drugs.

Strong and stocky, this is an energetic breed that loves rural life. It is good-natured, obedient and sociable, making it a joyful companion on long walks, especially if it gets a chance to take a dip in a river or stream. Regular swims keep its bouncy coat looking clean and glossy. Although its insulating curls do require a bit more attention than the short and flat coats of other gundogs, this breed doesn't moult. So it is even more surprising, given the current popularity of non-shedding crossbreeds, that this friendly, playful and intelligent dog isn't more popular in the UK (fewer than a hundred puppies were registered in 2014).

**COUNTRY OF ORIGIN**  
IRELAND

**ORIGINAL PURPOSE**  
RETRIEVING  
WATERFOWL

**LIFE EXPECTANCY**  
12-14 YEARS

**HEIGHT RANGE**  
51-58CM

**BREED CLUB**  
IRISHWATER  
SPANIELS.ORG.UK

**THIS PAGE** The high-spirited Irish water spaniel will take every opportunity to jump into rivers and streams





# *Creature comforts*

Help to keep your pets protected with this easy and effective flea-and-tick treatment

*T*he benefits of owning a pet are well recognised – from lowering your blood pressure and boosting immunity to even improving your social life – and, for many of us, our cats and dogs are an essential part of our lives. Help to keep these treasured family members happy and healthy with Frontline® Spot On – the UK's No.1 flea and tick protection\*. Used monthly, this effective and easy-to-use treatment provides your furry friends with continuous protection from fleas and ticks all year round. Plus, your cat or dog can be bathed or go swimming just 48 hours after application. Happy pets make for happy homes, and yet one in five cats and one in ten dogs have fleas\*\*, which can cause them to suffer from itchy and sore skin. These parasites can also carry

*A cared-for,  
comfortable  
pet is a  
content one*

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# BUILDING A FUTURE

An apprenticeship scheme devised by  
HRH The Prince of Wales is helping young people  
carve out a career in traditional building skills.  
We meet tutors and recruits on an Ayrshire estate

WORDS BY ALEX REECE • PHOTOGRAPHS BY ANDREW MONTGOMERY



**THIS PAGE** All the Young Heritage Apprentices can try their hand at traditional building crafts, such as lime plastering and stonemasonry







ON A BREEZY AUTUMN DAY at Dumfries House estate in Ayrshire, south-west Scotland, Johanna Welsh is mixing lime plaster in order to teach the heritage skill of pargetting – or decorative plasterwork – to her young students. Gathered outside the estate's bespoke craft workshops, Miriam Johnson, 18, and Andrew Milton, 17, begin to smooth the wet plaster onto a board with a trowel. They are then encouraged to mould and shape a motif of their own design, using old farm tools appropriated for the task. Some of the classmates try their hand at historic emblems – a Tudor rose, for example – while others carve out landscapes and insignia from their imagination. Johanna tells the teenagers, most of whom are trying this for the first time, to relax and enjoy the whole process: "It's a chance to have a go at something you usually wouldn't experience."

This hands-on exposure to a range of crafts – among them pargetting, stonemasonry, carpentry, thatching and lime plastering – is one of the things that appealed to students Miriam and Andrew about the Young Heritage Apprentices programme. Launched last year by the Prince's Foundation for Building Community, it aims to help 16- to 18-year-olds enter a career in the traditional building sector. The educational charity, which has more than two decades' worth of experience (starting as the Prince of Wales's Institute of Architecture in 1992) devised the Heritage Lottery-funded scheme largely in response to a skills shortage. According to a 2012 survey, more than 32 per cent of people employed in the

**CLOCKWISE FROM ABOVE**  
Pargetter Johanna Welsh holds the tools of her trade; Johanna and Andrew mix the traditional lime plaster in a bucket; the

stone dovecote at Dumfries House estate, completed in 2014, features the work of the Heritage Craft Apprentices, including Andrew and Miriam







heritage crafts sector are now over 50, and 77 per cent of those are not engaged in imparting their expertise. "Passing these skills along is something I know the Prince of Wales feels strongly about," says Simon Sadinsky, education manager for the Prince's Foundation.

The course begins with a three-week summer school at Dumfries House estate – an 18th-century mansion furnished by Chippendale, with 2,000 acres of grounds – which the Prince of Wales rescued in 2007. Here, the 12 apprentices undertake a series of workshops before specialising in the craft that most interests them. Miriam, from Bristol, who came across the Prince's Foundation's programme at a careers fair while studying for her A-Levels, developed a passion for stonemasonry through attending summer courses: "But I was keen to try out the different skills, just to confirm that."

Andrew, meanwhile, who lives near Dumfries House, heard about the course through school. A taster day at the estate, hosted by the Prince's Foundation as part of the interview process, convinced him to join the scheme: "When Simon phoned to say I'd got a place, I was really excited. And it was a bonus to stay so close to home."

Learning from master craftspeople such as Johanna – herself a graduate of the charity's Building Craft Apprentices scheme for more experienced artisans – helps to give the apprentices a taste of what life in the heritage building sector might be like. Despite

**CLOCKWISE FROM TOP LEFT** A pargetting design; a project completed in the vegetable garden at Dumfries is now an education centre; budding stonemason Miriam Johnson

carves a pattern using a mallet and chisel; traditional tools in the workshop; Andrew Milton restores a window from the stable; horsehair is mixed into the authentic lime plaster

excelling at pargetting, Miriam was convinced that stonemasonry was the route for her. "Time just seems to go more quickly when I'm carving stone," she says. Likewise, Andrew was inspired by the larger scale of carpentry outside a school context and the chance to work with hand tools that have been passed down for generations.

The apprentices – who attend the course for free, and receive a monthly bursary – subsequently participate in a Live Build on site, alongside older students and professionals, helping to create a new structure from the ground up. Both Miriam and Andrew enjoyed working on the stone dovecote (or 'doocot', as it's known there), which has a fairy-tale quality, and already looks like an integral part of the estate. "Standing back and admiring it, knowing that you've helped to create this, is overwhelming," Andrew says.

The remainder of the course is composed of two short courses (one on business skills) and a ten-month work placement. For





this, Andrew was delighted to stay on at the joinery workshop at the Dumfries House estate, doing both repair and maintenance of existing buildings and construction. A recent task, repairing a water-damaged stable window, involved a week spent crafting the replacement frame, honing the wood with chisels and planes by hand, before re-glazing. "It's more satisfying to use your own skills rather than relying on a machine," he comments.

Andrew's family are hugely proud of the fact he is working on a royal estate in his home county. Indeed, part of the Prince of Wales's intention for Dumfries House was for it to become an employment hub for the local area, which has suffered since the decline of the mining industry. Andrew's supervisor, workshop manager Darren Johnstone, is pleased with his progress, both as a craftsman and a person: "For 17, Andrew's quite a confident young guy, and he's now reached the point where we're giving him his own list of jobs to do. If he could get himself into an apprenticeship, he'll fly."

Miriam, meanwhile, has worked on a variety of placements, starting with the restoration of a concert hall in Kilbirnie, Ayrshire, with Laing Traditional Masonry. For this, she helped to chisel away a heavy cement render on the exterior, replacing it with lime harling – a traditional and more breathable surface. After a spell with Bristol Stone Masonry, working on smaller projects, from mortar repairs to renovating Cotswold stone buildings, she returned to Scotland to assist with the re-building of the Botanic Cottage at the Royal Botanic Garden Edinburgh.

This small yet significant property, designed by John Adam in the 18th century for the then head gardener, was recently saved from demolition and is now being re-constructed, stone by stone, at the Royal Botanic Garden's current site (a mile away from where it was in Georgian times). Miriam's role has been 'dressing' new stones – chiselling in lines and edges – along with building and



**THIS PAGE, FROM LEFT**  
Miriam at Dumfries House  
estate; a hand-carved door by  
a former student; the dovecot  
floor is decorated with designs

by Prince's Foundation alumna  
Peace Townsend **OPPOSITE**  
Andrew stands on a bridge built  
by ex-apprentice Jonny Briggs,  
who is now a professional joiner

pointing. "The feedback from the stonemasons has been that she's come on in leaps and bounds with her skills," says project manager Gerry Gallagher. "She's got on fantastically with the team, too."

Johanna Welsh is proof that it's possible to forge a fulfilling and successful career in traditional building crafts. The third in a line of pargetters based in Suffolk, she joined the Building Craft Apprentices programme in 2012 in order to specialise in the decorative aspect of her field. "I felt that at that stage in my career I'd benefit from having an overview of how some of the other heritage crafts interlock," she says, "and I've made contact with people I perhaps wouldn't have had the opportunity to meet otherwise."

On completing the course, Johanna was given the prestigious Hancocks Award, and has been invited back since to tutor at the Foundation's summer schools. This is her first year tutoring the Young Heritage Apprentices – an experience she has found extremely rewarding. "It's nice being able to impart a little bit of what I know, and to encourage these young people. These are crafts you can invest some time in and develop a real skill."

When the apprentices finish the year-long course, some will join the Building Craft Apprentices programme, while others might choose to start work or go to college. Miriam plans to learn more about stone carving, and has applied to study in London. "I'd like to work for a stonemasonry company – possibly a cathedral stonemason's yard – and eventually maybe have my own business," she says. Andrew's goal is to secure an apprenticeship, before undertaking a four-year college course in joinery: "Then hopefully I could get a full-time job at the estate, because I enjoy working here."

For her part, Johanna feels that there is a better future now for pargetting, and heritage building crafts in general, as public recognition of these valuable yet endangered skills is growing. "I think things are looking up," she says. "There is an awareness now that we need to hang on to these skilled trades. We'll always need to maintain our older buildings." And what more satisfying career could there be for Miriam and Andrew than ensuring such landmarks are sustained for the next generation? 🇬🇧

For more information, see [princesfoundation.org](http://princesfoundation.org)  
and [dumfries-house.org.uk](http://dumfries-house.org.uk).









*explore...*

# THE MENDIPS

With its gorges, caverns and exhilarating views,  
this special corner of Somerset has plenty to  
offer, including a rich history stretching  
all the way back to the Ice Age

WORDS BY BRIAN JACKMAN



Peregrine falcon



Ebbor Gorge



The most dramatic approach to the Mendip Hills is from the south on the road from Glastonbury. Then you see the steep, southern scarp, rising from the Somerset Levels like an Atlantic breaker between Wells and the Somerset coast. For more than 20 miles, its whaleback summits dominate the horizon, creating a limestone plateau whose highest point is Beacon Batch at 325 metres above sea level.

Up here, you feel closer to the clouds. Ash trees hiss in the crisp winds, scattering crows across the sky as the landscape unfolds around you, its sheep-nibbled pastures stippled with prehistoric tumuli, its stone-walled drove roads leading past lonely beech clumps to stunning viewpoints. The finest is at Deer Leap near Ebbor Gorge, a popular picnic spot from which you can gaze across the Somerset Levels to the distant Quantock Hills beyond.

Mendip is great walking country, too. The range lies within the Mendip Area of Outstanding Natural Beauty and its 198 sq km include not only the hills and their limestone gorges, but also the softer, leafier countryside around Chew Valley Lake to the north. The greatest challenge is the 50-mile Mendip Way footpath from Weston-super-Mare to Frome by way of Cheddar Gorge and Wells ([mendiphillsaonb.org.uk](http://mendiphillsaonb.org.uk)). Other shorter walks abound, including one through Burrington Combe, where you can see the Rock of Ages that inspired the stirring 18th-century hymn.

### ON TOP OF THE WORLD

If the Mendips have a soul, it is surely to be found in Priddy, the village that sums up everything that is most characteristic of these austere beautiful limestone hills. History goes back a long way in this windswept parish, set 244 metres above the rest of Somerset, where Priddy Nine Barrows stand on the skyline. In one of these Bronze Age burial mounds, legend has it, a golden coffin awaits discovery. A couple of miles away, near the Castle of Comfort inn, are the Priddy Circles – four Neolithic

Walkers at Ebbor Gorge



Fossil in limestone



Ubley Warren lead mine







Wells cathedral

Sheep-hurdle structure,  
Priddy village green

Swildon's Hole



Cheddar pinks

henges – and all around lies “gruffy ground”, a local term for a landscape pockmarked by the pits and spoil heaps left by lead miners. But greater wonders lie underground, including Swildon's Hole, the longest cave system in the Mendips, running under the hills for more than five miles.

The heart of Priddy is the village green, with its unique thatched structure of sheep hurdles – a symbol of the ancient Mendip wool trade. A famous annual sheep fair had been held on this spot since 1348, until 2014 when rising costs made it unsustainable. Luckily, the village's other great event – The Priddy Folk Festival – still takes place each July, and the aptly named Priddy Good Farm Shop is open for business. Run by the Simmons family at Townsend Farm, its cuts of Mendip-reared beef and lamb are second to none ([priddygood.co.uk](http://priddygood.co.uk)).

### GOTHIC AND GLORIOUS

If you want a base for exploring, look no further than Wells, renowned for its magnificent Gothic cathedral ([wellscathedral.org.uk](http://wellscathedral.org.uk)). Marvel at its west front, a medieval masterpiece with 300 kings, bishops, angels and apostles all carved in stone. Then climb to the top of the tower for a pigeon's-eye view of England's smallest city. Below you'll see The Bishop's Palace, encircled

by a moat whose waters bubble up from the pools that give the city its name – and don't miss the swans that have been trained to ring the gatehouse bell rope for food.

### SPOOKY HOLLOW

Just up the road from Wells, the famous Wookey Hole caves offer a fascinating glimpse of the Mendips' mysterious underworld, which contains the largest subterranean river system in Britain ([wookey.co.uk](http://wookey.co.uk)).

Wookey's intricate cave system runs for at least 4,000 metres beneath the hills. Descend into the floodlit depths and you will find three giant chambers with the River Axe flowing through them, its clear pools reflecting the glistening shapes of stalactites and stalagmites. One of them, the celebrated Witch of Wookey, is a stalagmite with an uncannily human shape. The Witch herself is a figure of legend but truth is sometimes stranger than fiction – in 1912, the skeleton of a 1,000-year-old woman was uncovered here and can now be seen in the small museum next to Wells Cathedral.

Far older inhabitants were the Ice Age mammals – the woolly rhinos, lions and hyenas, and Stone Age hunters – not just at Wookey but at Ebbor Gorge and Burrington Combe.

### LIVING LANDSCAPE

Follow the B3135 west over the Mendips and it becomes one of the most spectacular roads in Britain as you enter Cheddar Gorge ([cheddargorge.co.uk](http://cheddargorge.co.uk)). For three miles, every bend steers you between the looming crags and dizzy slopes of a limestone canyon carved by glacial meltwaters at the end of the last Ice Age.

Soaring 122 metres above the road, its cliffs and spires attract rock climbers from far and wide. A more usual way to the top is up Jacob's Ladder – 274 steep steps lead to a tower with its 360-degree views. Look out for peregrine falcons and Cheddar pink flowers. The greatest attractions are Cheddar's caves, revealing a fascinating world of illuminated caverns and dripping stalactites. Gough's Cave is the biggest, running under the Mendips for more than a mile, and was once a refuge for Stone Age hunters, proved by the discovery of Britain's oldest complete human skeleton.



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## PLACES TO STAY

**1 Burcott Mill Guest House, Wookey** Who could resist the opportunity to stay in one of the only two working watermills in Somerset? Housed in a Grade II-listed building, this is a traditional Victorian flour mill offering

a sumptuous breakfast that includes bread made from the mill's own stoneground flour. Double B&B £80 (01749 673118; burcottmill.com).

**2 Gorge View Cottage, Cheddar** As its name suggests, the main selling point of this romantic, creeper-clad, self-catering

property for two people is the uninterrupted views of the Gorge itself. But the cottage also comes well equipped for cool October nights, with underfloor heating and a cosy log stove. A three-night stay in October costs £280, dropping to £220 in November (01934 744727; gorgeviewcottage.co.uk).

**3 The Swan Hotel, Wells** This comfortable 15th-century coaching inn has an

unrivalled position opposite the cathedral's famous west front – ask for one of the rooms facing it. The restaurant prides itself on using locally sourced produce. Double B&B from £124 (01749 836300; swanhotelwells.co.uk).



## PLACES TO EAT

**1 The Old Spot, Wells** Owner Ian Bates and his team have earned a reputation for providing good, simple, seasonal food with a French provincial accent. Sensible prices, too – especially the three-course lunch

for £15 (01749 689099; theoldspot.co.uk).

**2 The Pony & Trap, Chew Magna** Worth straying just outside the Mendip AONB to eat at this Michelin-starred gastropub in the Chew Valley. It's the perfect choice for a relaxed Sunday lunch, with main courses including organic roast pork and all the trimmings (01275 332627; theponyandtrap.co.uk).

**3 The Ring O' Bells, Compton Martin** An archetypal country pub in the Chew Valley, with log fires, flagstone floors and old leather armchairs. Daily deliveries from local suppliers guarantee that pub food is at its most flavoursome, washed down with Butcombe beers and Thatcher's cider. A £10 ploughman's lunch of Cheddar cheese and delicious crusty bread from Chewton Mendip is a feast in itself (01761 221284; ringobells.comptonmartin.co.uk).

PHOTOGRAPHS BY ALAMY; GETTY; ILLUSTRATION BY JOANNA KERR



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# TAKING ROOT



Our campaign to protect ancient trees, in partnership with the Woodland Trust, can claim success stories in every part of the UK. Here, we report on our achievements, what more we can all do to help, and how you can vote for the nation's Tree of the Year

WORDS BY KITTY CORRIGAN

*C*ountry Living readers are treehuggers and proud of it. Twelve thousand nature-lovers have responded to our campaign with the Woodland Trust to protect ancient trees (an increase of 5,000 since May), and there is tangible evidence that your voice is being heard. "We are well on the way to achieving what we set out to do and all those who took part should feel really proud," says Jill Butler, specialist in ancient trees at the Woodland Trust.


The goal of the V.I. Trees (Very Important Trees) initiative, launched in the November 2014 issue of *Country Living*, is to create national registers that will give special trees in England, Wales, Scotland and Northern Ireland the recognition they deserve. It would be similar to the listing of important heritage buildings and would help to safeguard their future. "The UK landscape is immensely rich in V.I. Trees," Jill says. "We want to generate renewed pride in the natural wonders that provide us with oxygen, materials, wildlife and beauty."

## WHAT WE DID

A *Country Living* and Woodland Trust meeting before the General Election in May with the former minister responsible for forestry,

Lib Dem MP Dan Rogerson, was fruitful, and the next objective is to meet with the new Conservative Parliamentary Under Secretary of State for Environment, Food and Rural Affairs (Defra), Rory Stewart. Despite the success of the campaign so far, it is important we don't rest on our laurels. Currently, at least 13 ancient trees are in the path of the proposed HS2 railway line, and five mature beech trees near Accrington in Lancashire were recently deliberately poisoned, suggesting that historic trees are still seriously undervalued.

Progress has, however, been made in all parts of the UK. In Wales, a government taskforce has agreed to present Carl Sargeant, Minister for Natural Resources, with a proposal for a register. In Scotland, a working group of agencies and charities has met and in Northern Ireland, a meeting took place with the Assembly's Committee for the Environment. Belvoir Park Forest in County Down has been awarded an ASSI (Area of Special Scientific Interest) and, as if by way of thanks, the famous great oak there is now producing a rare mushroom, oak polypore (*Piptoporus quercinus*), on its 500-year-old bark, the first time it has been recorded in the whole of Ireland.

The *Country Living* Magazine Debate at this year's Hay Festival brought together the Woodland Trust's Jill Butler, Rob Penn, 



LEFT Over the past year, the campaign has highlighted that ancient trees, such as

this Savernake oak in Wiltshire, should be recognised as nationally significant

patron of the Small Woods Association and author of *The Man Who Made Things Out of Trees*\*, and Justin Albert, National Trust director for Wales. While Butler acknowledged that the National Trust does admirable work within its estates, she also pointed out that “many trees go unnoticed and unprotected. It is the trees in open fields, hedgerows and parkland that are the most vulnerable. We have two thousand ancient yews in the UK; there are only ten in the rest of Europe. There are 116 ancient oaks with a girth greater than nine metres in England alone, and 86 in total throughout other parts of Europe. Yet Germany, Poland and Norway have their registers enshrined in law. We have not.”

Rob Penn gave an impassioned plea to cherish our beleaguered ancient woods. “We have a strange relationship with woodland on this island. We like to think of ourselves as a heavily wooded country, yet the UK is one of the least wooded parts of Europe. We have only around 13 per cent of cover – well below the European average of 44 per cent.

“I fully support the campaign for V.I. Trees, and for a national register of all trees of special interest across the UK. This raises awareness of trees, and hopefully will catch the will of the population to protect them better.” He believes we can’t rely on government or on national institutions. We need to make our woods relevant by managing them sustainably and one way to encourage that is to demand British wood, in the same way that we have revived a market for local food.

## WHAT YOU CAN DO

“Careless or inappropriate management can wipe out centuries of history, culture and ecology, often for reasons of ‘tidiness’ or ‘health and safety’,” Jill Butler warns. The campaign is not criticising landowners – quite the opposite. It is hoped that if a formal register were created, financial help and advice on conservation would be available to the owner.

Last year the great oak at Erwood in Powys was at risk of being felled because some of its branches hung over the road. Media coverage and community action commuted its death sentence to pruning, which reduced the overall size of the crown but saved the tree. In Shropshire, a farmer discovered that the ten-metre-girth oak on his land was 1,000 years old, and he is now taking measures to protect it, by leaving a wide radius around it free from the plough.

The difference that 12,000 of your signatures has made is substantial, and underlines the importance of public support – you can still add yours at [woodlandtrust.org/vitrees](http://woodlandtrust.org/vitrees). In addition to this, if you think you’ve found a special tree in your area, check to see whether it is on the Woodland Trust’s database at [ancient-tree-hunt.org.uk](http://ancient-tree-hunt.org.uk). If it isn’t there, let them know. Since the campaign started, ‘new’ old trees have been turning up every two or three months, most recently in Cheshire and Suffolk. Finally, don’t forget to vote for your Tree of the Year (see left) from a shortlist compiled by a panel including *Country Living* editor-in-chief Susy Smith. 🇬🇧

## VOTE FOR THE TREE OF THE YEAR

As you take to the woods on an autumn walk, is there a tree that gives you particular pleasure? The Tree of the Year shortlist is open to public vote and the winning choices from England, Scotland, Wales and Northern Ireland will go forward to be judged in the European Tree of the Year finals. If one of the British nominations wins overall, that will further strengthen our campaign for a national register of ancient trees. To vote, go to [woodlandtrust.org.uk](http://woodlandtrust.org.uk) and follow the link.

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# Beside the sea

Bring a touch of retro chic to your wardrobe this autumn with bold prints and beautiful pieces from White Stuff's stylish new collection

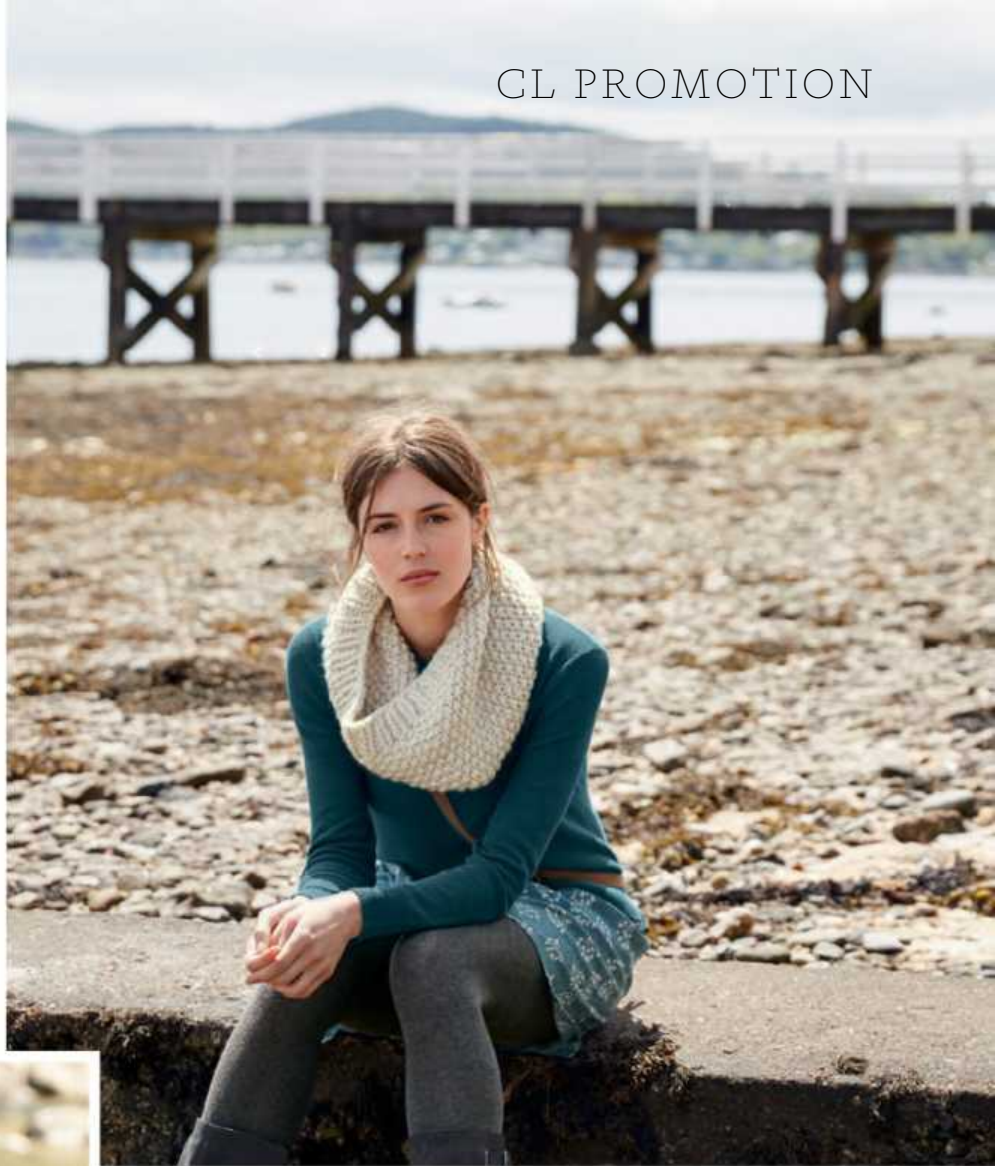


**THIS PAGE** Dance the Night Away **dress**, £59.95; Mini Pom **scarf**, £27.50; Patty plain **tights**, £12.50. **OPPOSITE, BOTTOM LEFT** Spin Me Round jersey **shirt**, £39.95;

Anna tassel **snood**, £25; Abigail straight-leg **jeans**, £49.95 **TOP RIGHT** Dancing **dress**, £59.95; Anna **snood**, £25; Patty plain **tights**, £12.50; Sadie mid ruled **boots**, £99.95



Fun, floral dresses and pretty collared shirts, well-cut jeans and pleated midi skirts are complemented by cosy cardigans, warm scarves and snug snoods in the new Jitterbug collection from White Stuff's autumn/winter 2015 collection. Taking the fabulous Fifties as inspiration, these stylish pieces have been given a casual contemporary twist, making them wonderfully versatile and easy to wear. Whether worn alone for a distinctive statement look or mixed and matched to create eye-catching, original outfits, these items will introduce a bright and beautiful element to your wardrobe. And choose from an exciting range of quirky, colourful accessories to add the perfect finishing touch. Whatever your look, White Stuff has all you need for a stylish new season.



## READER EVENT

White Stuff is hosting a special shopping evening to give readers a preview of its new collection on Thursday 15 October from 6-9pm at 18 selected branches: Bath, Belfast, Bluewater, Bristol, Cambridge, Cardiff, Cheltenham, Edinburgh, Exeter, Guildford, Kingston, Meadowhall, Milton Keynes, Norwich, Nottingham, Southampton, Stratford and York. Guests will receive a complimentary beauty treatment and goody bag, as well as drinks, nibbles and 15% off purchases. Visit [whitestuff.com/countryliving](http://whitestuff.com/countryliving) to sign up for a ticket and find a list of participating White Stuff shops.

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# Friends *of the* fen

Discover how a band of volunteers in Cambridgeshire is supporting a unique project to restore the fen landscape – enlarging the wetland area for wildlife and benefitting the local community in the process

WORDS BY KATY DUNN • PHOTOGRAPHS BY ANDREW MONTGOMERY



## CONSERVATION

The colour is fading from the head-high reeds of Woodwalton Fen, near Huntingdon in Cambridgeshire. Like a grey-brown sea, it undulates as the feathery grasses wave in the breeze. In contrast, the willows and birches fringing the area are flaming orange in the low autumn light. Walk the grid-like network of paths and you might just see otters, water voles, kingfishers, common cranes or the great grey shrike. Wildlife numbers are on the rise here, thanks to a special restoration scheme.

The 50-year Great Fen project – launched in 2001 – aims to recreate 3,700 hectares of fen landscape around its two

remaining fragments, Woodwalton Fen and Holme Fen. This will link the nature reserves and enlarge the wetlands for wildlife, providing a vast learning and recreation area for people to visit.

In the 16th century, this was an extensive landscape of reedbeds, wet meadows, open water and wet woodland. People lived off the land, eating wildfowl and fish, clothing themselves in beaver pelt and cutting the reeds for thatch. Eels were so plentiful, they were used as payments for rent. In the 17th century, the land was drained by wealthy landowners to access the nutrient-rich peat beneath, which is ideal crop-growing soil. Though they encountered fierce opposition from local villagers – the ‘Fen Tigers’ tore down dykes, ditches and sluices – the landowners won out. From the early 1800s, agriculture thrived and the natural fauna and flora declined, accelerated by the draining of Whittlesea Mere in the 1850s.

The Great Fen restoration project was started by a partnership of organisations, including The Wildlife Trusts, Environment Agency,





Huntingdonshire District Council, Middle Level Commissioners and Natural England. To date, some 55.5 per cent of the required land has been acquired. Ditches are being re-profiled, grasses planted and reedbeds renovated to create a patchwork of different habitats and a home for waterfowl and wading birds.

The Great Fen today has thriving Education & Community and Restoration teams led by agency staff, but manned by a large and enthusiastic network of local volunteers. "Workers like these are essential – we couldn't do it without them," says Lauren Stonebridge, Great Fen interpretation and community officer. "They often toil away unseen, but they're definitely appreciated." Here, some of them reveal what the project means to them.


## "You feel better about the world"

**Andrew Cuthbert, commercial manager**

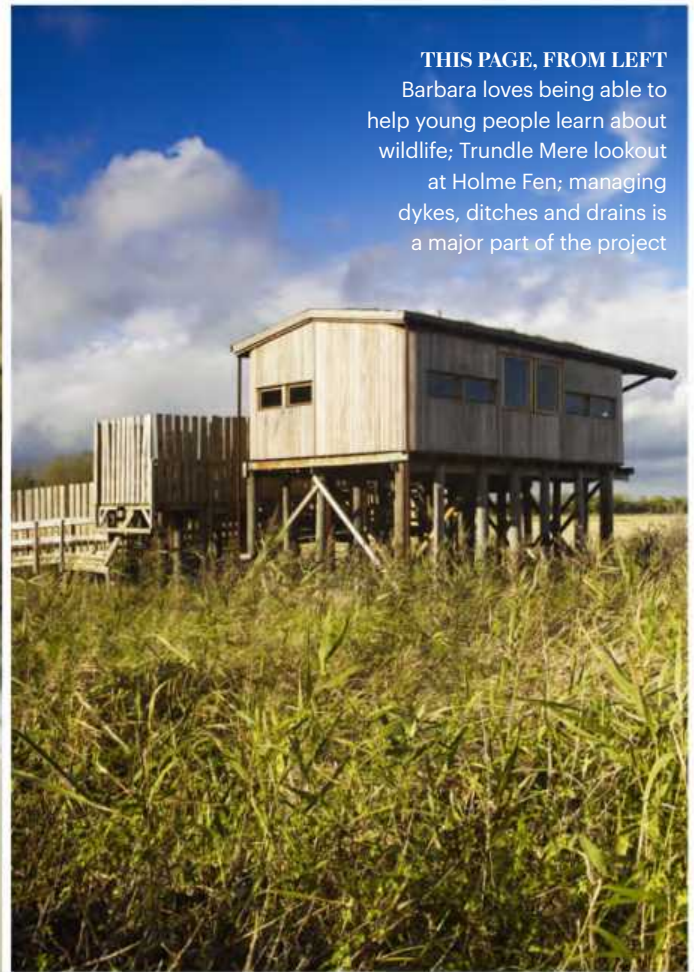
"They usually call me when a hole needs digging," says Andrew Cuthbert, a regular conservation and maintenance volunteer.

"It's not very glamorous, but it's all good fun." It must be, because when he was recently offered a new job, he negotiated part-time hours so that he could continue his work at Great Fen. "It's good to get outdoors," he says. "You feel better about the world, especially when you're in such beautiful surroundings."

After going to an open day in 2010, he "got so wrapped up" in what he heard that he put his name down as a volunteer there and then. They threw him in at the deep end with his first task. "I was in waders and a life jacket, up to my waist in water, clearing reeds from pond-dipping ponds," Andrew remembers. He's battling reeds again today with a long-handled scythe, named, rather alarmingly, a 'slasher'.

The reeds have to be reduced regularly, as they encroach on drains and ponds, subsequently choking the flow. Cutting back in autumn and winter allows them to regenerate and remain the dominant species, rather than reverting to scrub. Andrew also clears trees, builds log stores and makes cattle pens. Volunteering isn't a one-way street, though: "There's great enjoyment in giving something back to a project that really benefits the local community." 





**THIS PAGE, FROM LEFT**  
Barbara loves being able to help young people learn about wildlife; Trundle Mere lookout at Holme Fen; managing dykes, ditches and drains is a major part of the project

## “The children get so excited”

### **Barbara Cracknell, retired teaching assistant**

After her husband, Richard, died in 2007, Barbara Cracknell was drawn to Woodwalton Fen because “it was a special place to us”. Even though they had always lived close by, they hadn’t even known it existed until they saw a display at the East of England show when the Great Fen project started. “The first time we went there, it blew me away – it was so beautiful,” she says.

In January 2008, Barbara retired from her job as a teaching assistant in a secondary school and began volunteering for Natural England at Woodwalton Fen. “The thought of Richard inspired me,” she explains, “and it totally changed my life.”

Barbara began as a conservation volunteer, cutting back trees and clearing ponds. Meeting “so many lovely people” helped her beyond measure, and her involvement escalated naturally. As she had years of experience working in schools and playgroups, she was asked to help with school visits and the Great Fen Wildlife Watch Group, a junior branch of the Wildlife Trust for children aged eight to 12. They meet once a month at Woodwalton Fen and have fun pond-dipping, log rolling or simply looking for bugs.

“It’s so encouraging to see the children get excited when they find an earwig or a spider,” Barbara says. “It’s a good reminder that the smaller things in nature are important, too.” ➡





# MAKING — WAVES —



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# “Now I want to study ecology”

**Andrew Urquhart, masonry manager,  
and Calum Urquhart, student**

Father and son Andrew and Calum Urquhart are volunteer rangers, roving the Great Fen sites every other Saturday to check the terrain and chat to visitors about the ongoing restoration. This includes the Rothschild bungalow (pictured) built by Charles Rothschild, the nature conservation pioneer who bought Woodwalton Fen before donating it to the organisation that became The Wildlife Trusts. The bungalow is on stilts that appear to grow year on year as the peat dehydrates, shrinks and blows away. Seeding the peat with grass helps to bind the fine soil before it is re-wetted to recreate fenland.

The pair became involved with Great Fen on the suggestion of Calum's mother, who works for Huntingdon Council, a partner in the project. Calum was just 14 when he and Andrew helped to build a straw-bale bird hide on the Holme Fen site: “Then later that year we were invited to help run family mini-beast hunts.” Now 17 and a keen naturalist, he participates regularly in surveys and monitoring. One of his proudest moments is recording the first sighting of a rare centipede in East Anglia. “It's all good experience,” he says, particularly as he wants to study ecology and make a career in conservation. “It would be great if I could come back and work here.” 

***For more information about the project and to find out about autumn events, visit [greatfen.org.uk](http://greatfen.org.uk).***







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# Are pheasant shoots good for the countryside?

With sales of game rising by ten per cent in the past year\*, there is clearly an appetite for healthy, local, low-fat meat. But at what cost?

WORDS BY KERRY FOWLER

Imagine if there were a proposal to introduce 45 million non-native birds into the British countryside. It would be unthinkable. However, this is the number of *Phasianus colchicus*, originally from Asia, that are released each year to supply pheasant shoots on farms, estates and private land in the UK. From one vantage point, this enables a sport through which you can steep yourself in the past as you watch these distinctive birds fly into the air, with traditional gamekeepers in plus-fours and gundogs retrieving those shot down. From another, you see the sky fill with pheasants and then hear the thud-thud of guns as hundreds fall dead to the ground. Whatever your view, there's a question to be asked: without managed pheasant shoots, would the countryside be better or worse off in terms of biodiversity, woodland maintenance and conservation?

In March this year, Martin Harper, conservation director for the RSPB, sparked fierce debate when he blogged on the charity's website: "...the contribution progressive shoots [those that manage their land in a sensitive way] can make to supporting threatened wildlife is significant, and we are delighted to help them further." Defending his view, he continued: "We simply do whatever nature needs and will work with anyone that wants to help wildlife."

When debating the question, it's useful to get an idea of what a 21st-century shoot looks like. Each open season (October to February), these events can range from informal days out to progressive commercial ones on farmland and estates, where conservation and wildlife is part of the overall philosophy. More recently, when pheasant numbers surged in the 1980s as the City was booming, we have also seen corporate, industrial-scale shoots, involving the release of thousands of birds into woodlands

in late summer. The progressive shoots that Harper talks about mainly entail woodland sky-lighting (where woods are thinned to create openings among mature trees to let light in and promote diversity in the understorey), planting cover crops that encourage small mammals and birds, and creating conservation headlands. According to research from the Game & Wildlife Conservation Trust, shoots create or maintain 7,000 hectares of hedgerows and 100,000 hectares of copses. And a report by Public and Corporate Economic Consultants (PACCEC) says that shooting, worth £2 billion to the UK economy, supports thousands of full-time jobs and the temporary employment for beaters and caterers for the 'guns'.

Animal welfare groups such as Animal Aid, however, argue that the sheer volume of birds entails "significant ecological damage", alongside unrecorded figures for predation control to protect the pheasants from foxes, stoats, rabbits and birds, issues over lead shot getting into the food chain and stories of overshooting and compost heaps of dead birds that can't be sold on. The Woodland Trust has concerns about damage caused by pheasant-release pens and "the introduction of non-native shrubs for cover in semi-natural woods".

Assessing the impact on biodiversity is difficult, as shoots take place on private land. There are those with good ecological credentials, and gamekeepers who want their woodlands to thrive, and there is also no doubt damage is caused when the primary aim is short-term gain based on intensive rearing. "Recently, we're seeing more carried out on an industrial scale," says Jeff Knott, head of nature policy at RSPB. "That's where our slightly nuanced view comes in; we're neither for nor against pheasant shoots per se. There has been research into potential benefits, but little into the questions of potential for negative impact. There are many unknowns and that's worrying in itself."

\*MINTEL RESEARCH BASED ON SALES OF PHEASANT, VENISON AND RABBIT, 2013-14





Dr Roger Draycott is head of advisory for the Game & Wildlife Conservation Trust



Naturalist Richard Mabey, author of *Flora Britannica*, is a vice-president of the Open Spaces Society and managed a community wood for 20 years

## YES PHEASANT SHOOTING IS A FORCE FOR GOOD

*"Ancient woodlands have been retained as the landowner was interested in the sport"*

HAVING UNDERTAKEN THE BEST PART of 20 years researching the impacts – positive and negative – of pheasant releasing and the management of habitats and wildlife, as well as giving advice to hundreds of shoots, I believe there is a fundamental point often forgotten by those not in favour. It is that in order for a farm to support a successful shoot, the provision of suitable habitat for the birds released is essential – without it, the event would not be viable. Pheasants are birds of the woodland edge – principally the outer 50 metres or so of woods and also farmland adjacent to it – so this is where habitat management tends to be concentrated. Over the past 100 years, many ancient woodlands have been retained and new ones planted specifically because the landowner was involved in pheasant shooting. Without this interest, the woods would have been lost to agriculture or simply not have been planted.

Pheasants like shrubby cover to provide shelter, warmth and protection from predators. This also creates nesting areas for numerous woodland songbirds and plants for butterflies and bees. Research shows that woods managed for pheasants support more of all of these. On the downside, high-release densities can occasionally lead to damage to the ground flora, so it is important that shoots follow the guidelines for sustainable gamebird releasing developed by the Game & Wildlife Conservation Trust. Wild-seed mixes planted to provide shelter and food for pheasants are also a lifeline for a range of declining farmland birds. Control of predators such as foxes can benefit other birds, too, including ground-nesting waders. In my view, pheasant shooting is a force for good in the countryside, but I'd like all shoots to demonstrate they are benefiting biodiversity.

## NO THESE ENVIRONMENTS ARE VIRTUALLY USELESS FOR OTHER BIRDS

*"It is an industry whose collateral damage is enormous"*

THE PAST CENTURY HAS SEEN the biggest rate of hedgerow clearance since the Enclosures. Pheasants may be birds of the woodland edge but they're bred and succoured, and often shot, inside woods. Something we see where I live in south Norfolk are 20-metre bands of sweetcorn being planted rather than,

and sometimes replacing, existing hedgerows. These environments are virtually useless for other birds. So the idea of hedgerow creation is belied by the evidence in every part of pheasant-shooting country. The hedges and coppices shouldn't need to be propped up by an industry whose collateral damage is enormous.

I've probably visited hundreds of woods in my lifetime and they appear to be managed for shoots in two ways. One is the planting of a lot of invasive aliens, such as snowberry and berberis, which crowd out native species, and the other is the release pens in the middle of the woods, which become refuse areas because of the amount of bird waste and spilled corn. This then results in an enormous growth of weeds. I am out in the countryside a lot and I've never seen a wild bird at a pheasant feeding site, but I've seen a lot of rats. And (this point is not proven but much under discussion where I live), outside the woods, the abundance of pheasants that survive the shoots and live on grain in stubble fields may be one of the factors that has

led to the decline in farmland birds, such as the corn bunting.

So to answer the question – are pheasant shoots good for the countryside? No, not at all. If people are determined to continue, it would be better if they knew about biodiversity and made sure they boycotted the big ones and just went out to bag a bird or two, to which I have no objection whatsoever. 🐦



Tweet us your views on pheasant shoots @countrylivinguk

Richard Mabey's new book, *The Cabaret of Plants: Botany and the Imagination*, is published this month (Profile, £20).





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STYLING BY BEN KENDRICK. PHOTOGRAPH BY RACHEL WHITING

# NEW LOOK FOR OUR STYLISH SOFA

The *Country Living* Gower range from DFS now comes in a smart charcoal stripe to suit both contemporary and traditional interiors

THE GOWER SOFA MADE BY DFS for *Country Living* is a classic design featuring brushed cotton/linen union upholstery and with a super-comfortable but elegant shape. The latest addition to the collection of 35 other beautiful fabrics, Racing Stripe in Charcoal will bring a fresh, uplifting feel to any room. Inspired by the design of traditional mattress ticking, the colour is versatile and will work well with a range of different schemes. Our Gower sofa is available in three sizes – medium, large and grand (shown above) – and later this month an

indulgently comfortable, luxurious corner version is being introduced. The fabric range now includes 14 stripes, seven checks, seven plains, five plaids and three shades of leather. Racing Stripe in Charcoal will be available to order in-store from 15 September.

All the furniture is made in the UK, with frames crafted from hardwoods, cushions designed for comfort and durability, and feet turned from quality woods, including beech and oak. For more about the *Country Living* range at DFS, visit [dfs.co.uk/countryliving](http://dfs.co.uk/countryliving).

Gower grand sofa in Racing Stripe Charcoal, £1,399, Country Living collection exclusively available at DFS. Curtains in natural linen from a selection, Whaleys. Lofian

coffee table, £245; Duster rug, £245; Scrunch linen cushions, £55 each; table, from a selection: all Loaf. Vintage linen cloth, £25, Parna. Rectangular

cushion in Lambada cotton, £35/m, Jane Churchill. Cushion in centre made from vintage wool blanket, from a selection, Jane Beck Welsh Blankets. Jug,

£8.95, Loop the Loop. Red mug, £12; linen teatowel, £18; vase and bowls, from a selection: all The Conran Shop. For stockists, see *Where to Buy*





# LET YOUR TALENT SHINE

In our series celebrating home-grown skills, we meet women making the most of their hobby, whether they're earning from their kitchen table or launching a fully fledged business. Plus, discover different ways to follow in their footsteps

WORDS BY PAULA McWATERS • PHOTOGRAPHS BY ALUN CALLENDER

## THIS MONTH: THE KNITTER







When you step into Sue Gleave's converted barn in Laxfield, Suffolk, you sense that wool is something of a recurring theme. In her beamed kitchen, the airer above the Aga is festooned with skeins of indigo yarn; the coffee table in the sitting room is laden with knitted swatches as she trials different stitch patterns, and out in the hallway, half the floor is taken up with boxes full of garments and patterns.

Upstairs, it's the same story, with a spare bed barely visible under hanks of wool waiting to be wound, and the landing dominated by a wooden contraption made by Sue's husband Martin to speed up the process of skeining. "I have always knitted and sewn but I never dreamed I might one day try to make a living from it. I was too busy paying the mortgage," Sue says. Native Yarns, the company she and Martin launched in June 2014, may be threatening to take over their space but they don't seem to mind: "After years of corporate life, it feels liberating to be working for ourselves."

They moved to Laxfield in 2011. "We were both divorced with children – Martin has a son and a daughter and I have two daughters – and once they had all left home, we began looking for a place to put down roots," Sue explains. After years as a project manager running big teams and sizeable budgets for companies such as Norwich Union, she was determined to find a job that would nourish more than just her bank balance. When her father died in 2006, she started re-evaluating what she wanted out of life: "Martin had also left his job in senior management and with a bit of security behind us financially, we had a chance to dive into the unknown."

Sue was taught to knit and sew by both her grandmothers, who were accomplished craftswomen, but it was a three-day natural



**THIS PAGE AND OPPOSITE** In her converted barn studio, Sue uses natural, plant-based dyes

to colour the yarn, which gives her kits and finished items a distinctive, vibrant look





## “I have always knitted and sewn but never dreamed I could make a living from it”

dyeing course that sparked her decision to set up Native Yarns, selling kits, wool and patterns by mail order and at shows. Choosing the wool came first, the priority being to find beautiful tactile yarns from British breeds. Bluefaced Leicester is one of her favourites, in various weights from lace and double knit to Aran: “It’s soft on the skin and has a lustrous sheen.” Her 12 ranges are named after Suffolk towns and villages, including Lavenham and Clare, that were important in the wool trade in medieval times. In her mission to buy British, she hopes to try Wensleydale, Shetland and Exmoor Horn when her order sizes grow. She also stocks merino and alpaca, some of which is spun in Yorkshire from alpacas raised in Britain.

She buys wool in its natural undyed state, then colours it in her workshop using plant-based dyes. Some she buys in dried form, others she grows in her large garden, including woad, weld and dyer’s camomile. The shades she achieves are strikingly clear, with a vibrancy that seems to make them glow. Sue feels this factor, as well as their softness, helps Native Yarns to stand out at shows, such as the Pop-Up Market at the Country Living Spring Fair, for which Sue was selected from among 160 applicants and given the opportunity to exhibit for free.

Meeting customers face-to-face is a vital part of building the company profile and getting direct feedback on designs and colours. She has launched more than 20 designs to display how the yarns look when knitted up, from scarves and fingerless gloves to jumpers and cushions. Scarf and cowl kits (pattern plus yarn) make good ‘entry-level’ items because they are inexpensive and quick to make.

In the future, Sue would like to recruit other local knitters to help her develop ideas and make finished items for sale, and

## SMALL-BUSINESS START-UP



### THE KNITTER

*Words by Fiona Davies from WIRE*

With around 7.5 million knitters in the UK, supplying and supporting this band of enthusiasts makes good business sense. And with the sixth annual Wool Week from 5-11 October, a Prince of Wales initiative to raise awareness of the natural and sustainable benefits of the fibre, there couldn’t be a better time.

### FINDING CUSTOMERS

- Take part in as many markets and shows as possible. Yarn, wool and patterns are tactile, so customers will often make impulse purchases if they can see and feel.
- Offer a wide range of products to suit everyone, from the complete beginner to the expert, and label clearly what level of experience is required; you don’t want them giving up if they can’t follow the pattern.
- Become an expert. Offer to talk at events, do demos or host a club. Once people trust you, they will buy.

### CREATE A COMMUNITY

- Try to build a buzz around your products using social media platforms such as Facebook. Encourage your followers to contribute pictures of their work, hints, tips and support.
- Knitters need their fix regularly, so keep a database, recording purchases and preferences, and keep them updated about new products they may like.
- Charity knitting is great for those who love to knit, but don’t always have a reason to do so. For advice on how to start a scheme, visit [knitforpeace.org.uk](http://knitforpeace.org.uk).

### SPREAD THE WORD

- Video is easier than you think. Create some YouTube tutorials covering common mistakes and techniques.
- Your website should be visible from all devices – desktop, mobiles, iPads – as this will impact Google rankings and ensure you can be found everywhere.

### SOURCEBOOK

- UK Hand Knitting Association offers tips and information about the craft ([ukhandknitting.com](http://ukhandknitting.com)).
- The Knitting and Stitching Show holds events across the UK ([theknittingandstitchingshow.com](http://theknittingandstitchingshow.com)), while Wonderwool in Builth Wells, Powys, is a spring attraction (23-24 April 2016, [wonderwoolwales.co.uk](http://wonderwoolwales.co.uk)).
- Ravelry is a free community site for knitters and crocheters ([ravelry.com](http://ravelry.com)).





## MORE WAYS TO TURN YOUR TALENT INTO TURNOVER



### DEVISE A NEW ANGLE

Megaknitz grew out of Rachel John's desire to put a fresh spin on the art of knitting. Her colourful rugs, throws and shawls are made by mixing together multiple strands of yarn, often using scrap wool, on giant wooden 'needles' up to a metre long. Her first ones were made from broom handles: "I call it extreme knitting – it captures people's imagination because it's so fast. Something that might have taken six months to make can be knitted in six hours." Rachel left a job as a systems analyst to return to her artistic roots and did part-time work to give her the opportunity to experiment. She launched her Bristol-based business in 2006 and now sells at knitting, stitching and craft shows. *Megaknitz (07919 408860; megaknitz.com).*



### KNIT FOR CHARITY

Libby Summers started her knitting business in Stamford, Lincolnshire, in 2006 and feels that the key to her success is being flexible enough to change with the market. Production took off in 2010 when John Lewis began stocking her ready-knitted baby-alpaca hot-water bottles but, two years later, the recession hit and the order came to an end, so she had to rethink. Now Libby supplies her own-branded yarn and knitting kits for home crafters and has produced a book, *Anyone Can Knit* (Arcturus Publishing, £7.99). Having an anthropology degree led her to establish a link with Peru and she sources yarn from the Peruvian highlands, helping to support local communities there. She also raises money for Prostate Cancer UK through sales of her Tea Cosies for Victory kits and patterns. *Libby Summers (07818 286538; libbysummers.co.uk).*

she is interested in working with wool outlets and running workshops, but for now the key focus is on building up sales: "My aim is to make designs that are elegant and refined in flattering shapes that suit real-sized women. My daughters help me keep a modern edge, too." Sue loves lace knitting and has designed 'easy-lace' designs to entice people to try it, including her Ariana scarf, which is knitted from a single skein of four-ply baby alpaca.

"I draft the patterns myself, producing swatches and then a first sample, which I re-draft until I'm happy with it," Sue says. She pores over stitch dictionaries and new ideas are often inspired by country or seaside walks close to home. Her late father was a passionate sailor and one design, the Morwen cowl, is named after his last boat: "I chose the yarn combination after a walk at Aldeburgh, when sunlight was dancing on the sea. It is one of my favourite designs."

Sue's creations are 'slow clothes' that will be valued because of the time and effort that has gone into making them, but she still has to overcome her natural reserve to shout about them: "I'm used to having a support team. Now it's all down to us, but it's exciting to find strengths we didn't know we had."

**i Native Yarns (07477 651588; nativeyarns.co.uk). Readers can enjoy 15% off the online range (plus £3.50 p&p) until 30 November 2015 by entering the code CL15 when ordering.**



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# Learn to earn *with* Julie Dodsworth

## THIS MONTH: SEEKING SUPPORT

**AS YOUR VENTURE GROWS**, there will be opportunities to get involved with business networks in your area. These organisations can really demonstrate the meaning behind the word T.E.A.M – Together Everyone Achieves More. Within your own town or city, there will be a variety of organisations from your local Chamber of Trade to independently run groups, but all of these will work towards the good of its members. I know attending a network event may seem a little daunting but I have found that a personal invite from an existing member and/or going with a colleague can make all the difference.

**I remember the very first one I attended (many years ago) didn't get off to a good start.** I was painfully shy, my host was detained and I was at the event alone. Luckily I was helped by a charming gentleman who was the general manager of one of the hotels in York. He told me first of all to relax and just be myself; I should be able to explain who I was and what I did in one simple sentence and be ready with a business card and a firm handshake. He said that the temptation when nervous is to impart as much as possible about the business and to try to drum up sales with everyone you meet. The key is to take it easy – there is no need to tell everything in one go. Over the years, I have realised how right he was. It has proven infinitely more valuable to build good relationships with people over time (a form of networking known as 'farming') rather than jumping in with the hard sell (known as 'hunting').

**Another good piece of advice I was offered** was to focus on listening to what people are telling you rather than waiting


for your chance to jump into the conversation. This can mean resisting the urge to respond to someone who is telling you about their wedding cake business with an anecdote about the cake your mum once made. Although you're only intending to be friendly, it will kill the conversation and stop them mid-flow. You're better off just saying, "That sounds amazing", and continuing to listen.

**JULIE DODSWORTH**, our Talent Ambassador, is an artisan British designer who works from her narrowboat on the Grand Union Canal in Northamptonshire. At the age of 50, she decided to turn her painting hobby into a range of licensed homeware. In this series of columns, Julie shares her experience and some of the great advice she has been given by others along the way.

**A speaker I once heard explained this principle well** – imagine 50 business networkers who all know each other are in a room together. On the floor are 50 balloons with their names on. They are told to go and find their balloon. Chaos ensues and the task is taking for ever. The group are then told to pick up one balloon and give it to the person it belongs to. The task is completed in seconds.

The moral is that helping someone else is sometimes easier than helping yourself. It's this concept that forms the central objective of my local BNI (Business Network International) group. Members are encouraged to focus on supporting each other rather than simply seeking out assistance for themselves.

**Other advantages to joining a good networking group include having access to quality speakers and training.**

It will also enable you to stay abreast of any changes that are taking place in your area, which may impact on your work. But, most importantly, it will allow you to be part of a group of like-minded people that will celebrate and commiserate with you throughout the ups and downs of running a business. 



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# THE ART *of* UPCYCLING

Discover new ways to reuse fabric remnants, wrapping and wallpaper off-cuts, and other household items, with these fresh and creative ideas

COMPILED BY ALAINA BINKS



**BRIGHT AND LIGHT** Vintage silk scarves sewn together create a pretty café curtain that offers privacy but still allows light into the room. An unobtrusive way to hang these is to hem the top edge to form a sleeve for a simple wire hanging system. Alternatively, tea towels are also effective – find vintage linen designs by Sarah Moore at [shop.countryliving.co.uk](http://shop.countryliving.co.uk)



**KITCHEN CHARM** Short lengths of fabric add a decorative touch to a rustic dresser when hung behind glazed doors. Choose small- to mid-scale patterns for best results but motifs, such as oversized blooms, can also work. Try each one out first before tacking them in place.



**SEW SIMPLE** Here, folding metal garden chairs have been given an attractive revamp with lightweight loose covers made from a decorative table-runner and tea towels. Use classic vintage linen designs for a rustic touch.



**THRIFTY CHIC** A piece of disused crockery can become a pretty pin cushion. Put wadding or stuffing into a piece of fabric to make a ball the same size as the opening and ensure this sits in place. Sew up the base and pull taut. Glue round the container inside; stick the cushion in place.



## FABRIC

Material left over from previous decorating projects, a collection of fabric samples or a tea towel too beautiful to use to dry up – even the smallest piece of fabric can be upcycled into something new. Old clothing, such as T-shirts, denim, ties and knitwear, also provides a rich source to be creative with.



**PLAYFUL AND FUN** Ideal for a child's room, this upcycled fruit crate with castor wheels screwed into the base provides extra storage and doubles as a seat. The hinged padded cushion is made from fabric stretched and stapled over a piece of hardboard with wadding in between.



**DECORATIVE DETAIL** Turn glass food jars into elegant lanterns using lace. Cut a length to the height of the jar and long enough to meet and sew at the back, then slide up over the glass. Alternatively, doilies can be glued onto one side of the jar.



**HOMEMADE HANGING** On a natural linen backdrop, appliquéd leaves with handmade fabric and artificial blooms can form a unique piece of art. First draw your design using tailor's chalk. Machine stitch the stems and sew on the leaves, then sew on the flowers by hand.



# DECORATING

**PIECE BY PIECE** A patchwork of papers adorning a tabletop, finished with clear varnish or a sheet of tempered glass, instantly updates a dining table. Choose at least six coordinating papers linked by colour to create a random effect.



**PARTY TIME** Simple pin-wheels made from magazine and newspaper cuttings create hanging decorations that can be tailored to an occasion or season. As these can be made using most types of paper, it's a great way to use up any pieces you have left over.



**SIMPLE STYLE** Here, decorative wrapping paper has been used to give a unique finish to a birch-plywood stool. This idea can work by covering whole areas with one piece of paper, or, if the design allows it, cut out individual motifs to form a bespoke pattern.



## PAPER

Easily recycled, most household papers such as wrapping, newspaper and postal envelopes can be reused in a variety of imaginative ways. Papercraft can be relatively simple, from basic folding techniques to collaging, and is a great choice for permanent transformations and temporary decorations.



**SHADES OF COLOUR** Colourful lampshades can be made by concertina-folding recycled papers. Thread ribbon or twine around the edge through small holes made into each pleat to hold it in place – a basic wire frame and light fitting can also be used inside.




**FLORAL FANCY** Decorate door and drawer panels with cut-to-size pieces of fabric or paper to add interest to furniture. Here, a faded design uplifts a pale scheme. Spray adhesives fix lightweight fabrics and papers in place, or use traditional paste for thicker wallpapers.



**BEAUTIFUL AND INDIVIDUAL** A length of wallpaper\* makes a striking headboard. On a large piece of parchment paper, folded in half, draw out one side of the headboard, which will open to a symmetrical shape to make a template to transfer onto the wallpaper.

STYLING BY LAURA VINE. \*PERSIAN LEAF IN PINK BY BLUTHFIELD & CO FROM TISSUSHELENE.CO.UK. MARK BOLTON; BRENT DARBY; HOUSE OF PICTURES; INSIDE LIVING AGENCY; LOUPE IMAGES; CLAIRE RICHARDSON; RACHEL WHITING



A photograph of a rustic summerhouse interior. The walls are covered in a dense collage of newspaper clippings, including advertisements and small illustrations. A white-painted wooden door with a multi-paned window is open on the left, revealing green foliage outside. On the right, a wicker basket filled with floral-patterned fabric sits next to a cushioned bench with several patterned pillows. A broom and a pair of boots are leaning against the newspaper-covered wall. A white shelf holds various decorative items like a vase and a thermos. The ceiling is made of corrugated metal.

**IN PRINT** The quirky wallpaper in this country summerhouse is made from 1950s catalogue pages, collaged and pasted in rows over one wall. Old encyclopedias, botanical prints and sheet music will also work well. Make sure all the loose pages are the same size. Before applying paste to the back of each one and securing in place, mark a rough grid or guidelines on the wall to ensure the end result is straight. ➔





**RETRO REVIVAL** Here, a creative mix of paint and wallpaper has been used to update the narrow drawers on this 20th-century-style cupboard. As only the fronts have been covered,

very little of each is required, so you could use sample pots. Also, gradient paint colours can be hand-mixed to tailor-made shades by using a coloured base and adding variants of white. ➤

STYLING BY ALAINA BINKS; CELIA STUART-MENTETH.



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# DECORATING

**STYLISH DESIGN** Traditional artist palettes covered with blackboard paint make useful chalkboards that can be easily moved around and hung on the wall. They are ideal for family notes, recipes, homework or as a name plaque on a teenager's bedroom door.



**CUT-WORK PRINT** Add interest to storage boxes made from old wine crates. Use masking tape to secure a stencil (find similar at stencil-library.com), dab a small amount of paint over the top using a flat-ended stencil brush, then peel off the stencil and leave to dry.



**CHARMING CHARACTER** Turn pebbles from the garden or beach\* into rustic name-place settings for use on a tabletop. Hand-paint or stencil (using emulsion or acrylic paint) or draw (using a permanent white marker pen) letters onto clean stones.



## PAINT

A good-quality eggshell will adhere to wood and metal – perfect for upcycling projects from painting tin cans to worn furniture. Alternatively, tester pots containing emulsion can also be used but may give a more rustic, distressed look if the piece is regularly used – this, however, will add to the charm.



**IN CONTRAST** A wooden chest of drawers is given a fresh look using eggshell paint in two shades of grey – we used Storm and Twine self-priming interior eggshell, £25/litre, Country Living Paint collection from Marston & Langinger ([shop.countryliving.co.uk](http://shop.countryliving.co.uk)).



**ROLE REVERSAL** An upturned wooden dining chair (without legs) hung on a wall creates an unusual shelf and hanging rail. Screw the lip of the seat securely in place to the wall – alternatively, brackets can be added underneath to hold heavier items.

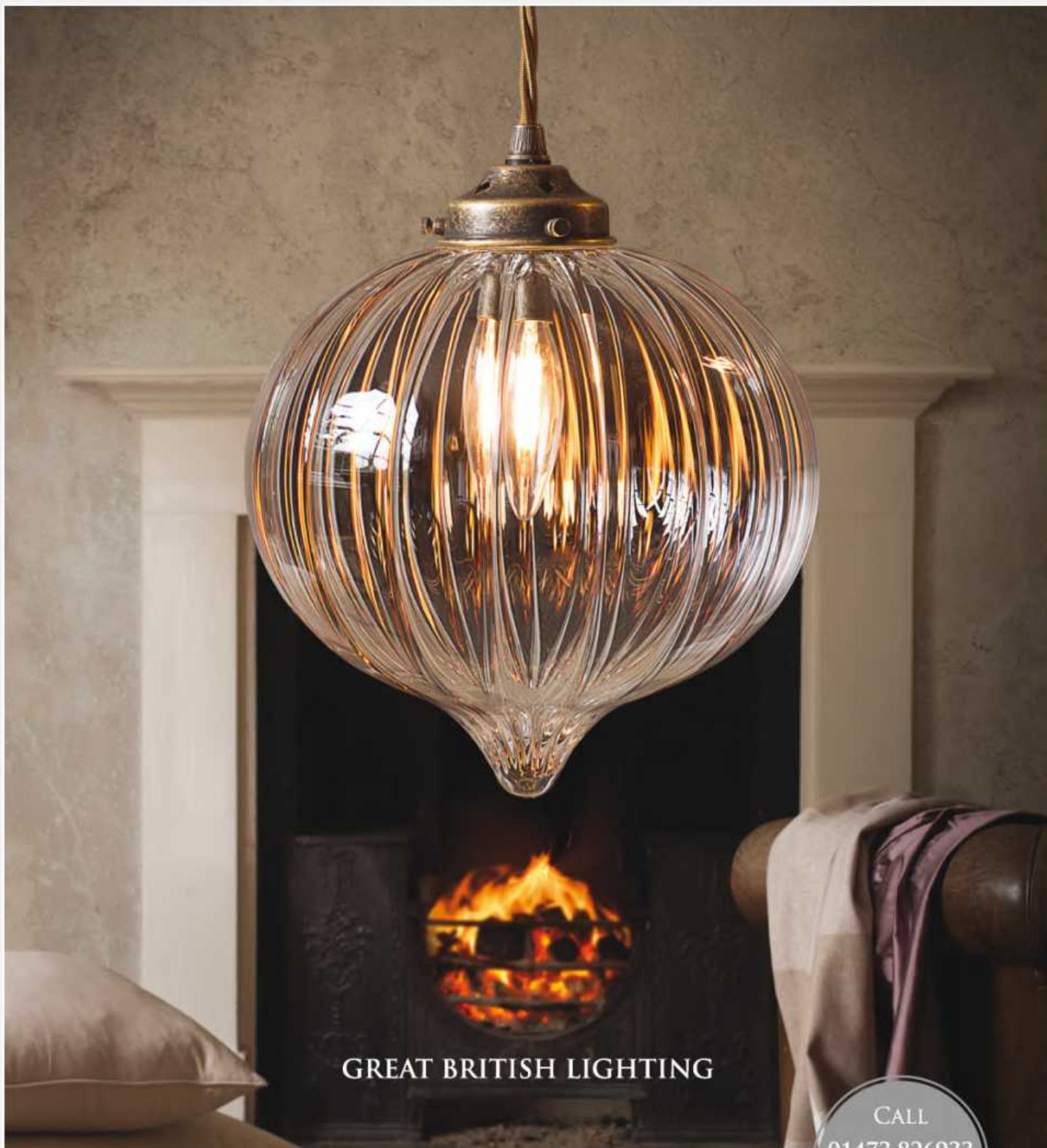


**GARDEN UPDATE** Reflecting the soft and subtle pastel shades, from off-pinks and pale blues to chalky lilacs, of a garden border, these weathered pots have been refreshed using exterior paints (collection of exterior masonry paints from [farrow-ball.com](http://farrow-ball.com)).

PHOTOGRAPHS BY MARK BOLTON; BRENT DARBY; HOUSE OF PICTURES; LIVING INSIDE; LOUPE IMAGES; CLAIRE RICHARDSON; RACHEL WHITING. \*ONLY TAKE AWAY A HANDFUL



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# Clever cooking



Enjoy a combination of classic looks and 21st-century technology in your kitchen with the innovative new designs from Aga

**P**roviding a reassuring presence, welcoming warmth and wonderful food, Aga range cookers have been at the heart of the home for more than 90 years. And to cater for the changing needs of modern life, new Aga models feature the traditional iconic styling with all the benefits of 21st-century technology.

On when you need them and off when you don't, the new electric models Aga Total Control and Aga Dual Control offer greater control and flexibility but with the same Aga radiant-heat cooking that locks in flavour, whether you are roasting or baking. Perfect for today's hectic pace of life, the

Total Control has a touch-screen panel that enables each of the ovens – with super-fast heat-up times – and the two hotplates to be operated independently. The Dual Control also has independently operated hotplates together with a low-energy setting for the ovens, resulting in reduced running and servicing costs. Both models are available in 14 colours with three or five ovens. If space is an issue, look for the new Aga City60 – at just 60cm wide, it is the same size as a standard slot-in cooker. So whether you have always wanted an Aga or wish to upgrade to a more efficient model, there is a design that's right for your home and lifestyle.



**TOP** 3-oven  
Aga Dual Control  
in Cream  
**ABOVE** 5-oven  
Aga Total Control  
in Aqua  
**LEFT** The iconic  
Aga badge

*There are more than 60 Aga stores in the UK offering live demonstrations. To find the one nearest to you, call 0845 481 0062 or visit [agaliving.com](http://agaliving.com).*



# SECRETS *of a* GLORIOUS GARDEN

Here, we follow the growing year in the beautiful gardens at Loseley Park in Surrey, with plenty of practical ideas for you to use in your own plot

WORDS BY STEPHANIE DONALDSON ● PHOTOGRAPHS BY JASON INGRAM



## OCTOBER: CLEARING AND PREPARING

THE LAST VISITORS have departed and the gates closed for the final time this year, but the pace has not slackened for the gardening team as they prepare for winter and plant the spring bedding. September's colourful borders have given way to seed heads and dying foliage in silvery greys and browns, silhouetted in the misty late autumn light. Evergreen hedges, trees, topiary and ornamental grasses continue to provide a structural framework in the walled garden as work begins on clearing beds and borders ready for the next season. For us, our year with the gardeners at Loseley has ended.




## LOSELEY PARK & GARDENS

Standing in ancient parkland close to the North Downs, this Surrey estate has been home to the More-Molyneux family for more than 500 years. The two-and-a-half-acre walled garden has undergone an impressive renaissance over the past 20 years, spearheaded by the current owners Michael and Sarah More-Molyneux. As head gardener Richard Burnip (Burney) says: "We all have the same gardening problems – ours are just on a larger scale."



### PLANT OF THE MONTH MULBERRY

The mulberry tree is a central presence at Loseley. Not only is there a venerable specimen growing on the lawn, with a younger tree at the heart of the flower garden – it is also a family emblem. In the drawing room of the house, a Latin motto refers to longevity of the tree and the brief life of the fruit. To the More-Molyneuxs,

this represents the enduring nature of the family line, but the relatively brief existence of the individual members. The fruit of the mulberry cannot be bought in a shop – if you want to taste its explosive sweetness, the only way is to visit a garden where one grows – or plant your own. 





## BURNEY'S TIP FOR OCTOBER SNIP AND SNIP AGAIN

Our *Verbena bonariensis* are planted en masse for best effect and we prune them now by two thirds. This stops wind, rock and snow damage, while giving protection from intense winter cold. They are then cut back fully in the spring.

## TECHNIQUE OF THE MONTH PLANTING SPRING BEDDING

The old-fashioned way with spring bedding – much-loved in municipal gardens – was to plant in serried ranks punctuated by equally organised rows of tulips. The planting at Loseley is far more informal, with forget-me-nots and wallflowers weaving their way among the perennials in the borders, filling the gaps left by the summer annuals. It does require a certain amount of effort at a time when the temptation is to take things a bit easier, but – as with bulb planting – the reward is a garden brimming with colour when the herbaceous plants are just getting going.

- Clear the borders of the summer annual plants (right)
- Rake over the cleared area (far right)
- Replant after rain, or water the bed thoroughly the day before
- Dig up the spring bedding plants from the nursery bed if you have grown your own, or buy-in plants
- Carefully divide any large clumps to maximise the number of plants available (right)
- Transplant at 15cm spacings and water them well (far right)



## OVERWINTERING DAHLIAS

Although dahlias can be left in the ground over winter, slugs do so much damage to the emerging young shoots that Burney prefers to dig them up and start them into growth again in spring under cover, only planting them out once growing strongly.

- Cut the dahlia plants down to a manageable size before digging them up
- Use a border fork to lift the tubers gently – discard any individual ones that have been pierced
- Lift the tubers and carefully knock off any excess soil
- Place the tubers in a container and cover with fresh compost
- Store overwinter in a dark, dry, cool place







## ROUTINE TASKS IN THE GARDEN

- Large projects are often tackled in October, for example, developing new paths and seating areas
- Dahlias are dug up and stored
- Pumpkins are brought under cover (below right)
- Dead lower leaves are removed from Brussels sprout plants to allow air to circulate (top right)
- Leaves are gathered up and removed as they fall from the trees (far right)
- Any large congested groups of perennials, such as *Lysimachia* 'Firecracker' and *Crocosmia* 'Lucifer', are lifted, divided and then replanted ➞





# GARDENING



THIS PAGE, CLOCKWISE FROM TOP LEFT Bright hips of *Rosa rugosa* 'Alba'; leeks ready for harvesting in the kitchen garden; cut verbena stems are taken to be composted; mistletoe; *Hydrangea quercifolia*; bronze fennel seed heads; *Miscanthus sinensis*; a spiky cardoon seed head



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## THE BIG CLEAR-UP


These days, tidying up borders is generally left until spring to provide winter shelter for beneficial insects and food for birds, but at Loseley this isn't practical – the gardeners would never catch up if they left it that late. Besides which, there's a wealth of wildlife-friendly habitats and food sources on the estate.

Clearing up starts in early November with the cutting-back of the perennials in the white garden, followed by the herb and flower gardens, with as much as possible being composted. The gardeners can then give the borders a thorough tidy; planting the spring bedding continues and must be completed by Christmas.


In the vegetable garden, the team keeps the late vegetables in good order to provide Christmas lunch for the house with pickings of Brussels sprouts, carrots, leeks, cabbages and parsnips. Runner bean vines are removed from their supports and ripe seed saved for next year's sowing. Fruit and nut trees are pruned and all supports and ties are checked.

January is when all the roses are pruned, a necessary but not very enjoyable task in the coldest and darkest time of the year, but there are opportunities to warm up by the woodburning

stove when the gardeners retire to the greenhouses to get on with potting on autumn-sown seedlings and cuttings. Seed is sown to propagate plants in readiness for the forthcoming Spring Garden Show. In February, potting on is carried out and seed is ordered for vegetables and summer annuals. The yew hedges are cut and the crab-apple walk in the flower garden is pruned. The old woodchip paths in the vegetable garden are dug out and renewed with a fresh covering, and manure is worked into the beds.

As the year draws to a close, it's clear that this organisation and orderliness are key to keeping Loseley Park's garden in peak condition for the More-Molyneux family and the many visitors who share its beauty from May to September. But it is also reassuring to know there's flexibility in the routines and that tasks are done when it suits the gardening team rather than at a specific time. Something to remember in our own plots. 

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 **Loseley Park, Guildford, Surrey (01483 304440; [loseleypark.co.uk](http://loseleypark.co.uk)).** Gardens open from May to end of September, Sunday-Thursdays (including bank holidays).



# *In tune with* NATURE



Set in the beautiful countryside near Denmark's North Zealand coast, Pauline Rømer's wonderful wooden cabin is an inspiring combination of the traditional and the contemporary

WORDS BY ELISABETH KRUSE ■ PHOTOGRAPHS BY KIRA BRANDT, PURE PUBLIC AND LIVING INSIDE



**OPPOSITE** A rustic  
outbuilding merges  
into the forest setting  
**THIS PAGE** Paintings

by Eduard Borregaard  
are displayed alongside  
a salvaged chair and a  
second-hand table ➔







Pauline Rømer's rustic retreat in the village of Asserbo on Denmark's North Zealand coast is at its most tranquil in early autumn. The seaside crowds have long departed and golden sunlight shines softly through the tall birch trees that surround the black-painted wooden cabin and matching annexe, designed by her architect brother. "At this time of year, I pray for fine weather so I can make the most of the summerhouse before a cold snap arrives," she says. "It's incredibly peaceful – I disconnected the phone line many years ago and there's no internet connection. I love the away-from-it-all feel and it's the complete antithesis of my life as a homeware designer in Copenhagen."

Pauline inherited the property from her grandmother when she was 18 – the plot had been in the family for generations and there used to be four similar houses on the land. "I came here a lot when I was a child and have many happy memories," she explains. "I wanted to maintain the personal connection, so I've kept a lot of my grandparents' pieces, such as the paintings and lights, and I turned my grandfather's old bed into a large sofa and covered it with plain white linen." She has also retained the original relaxed spirit of the house, simply freshening up the rather tired interior tongue-and-groove boarding with several coats of white paint and bleaching the floorboards to lighten the effect further. The small-paned windows – most of which needed to





**OPPOSITE,  
CLOCKWISE FROM  
TOP LEFT** A still-  
life arrangement of  
ceramics and seasonal  
finds; lithographs and  
drawings by friends  
and family; vintage

**treasures THIS PAGE**  
An old bed becomes  
a sofa with the  
addition of homemade  
cushions, while a  
collection of burnished  
metal bowls catches  
the light





**THIS PAGE AND  
OPPOSITE** The lines  
of tongue-and-groove  
panelling and bleached  
floorboards combined  
with black furniture  
and accessories create  
visual interest in the  
mainly pale living  
areas, so just a few  
artworks are kept on  
display; streamlined  
modern kitchen units  
are topped with beech  
worksurfaces for  
warmth and contrast





## Pieces of dark wooden furniture stand out against the pale background

be restored by a local carpenter – have been left uncurtained to allow the sunshine to flood into every room and frame views of the woodland beyond.

The open-plan layout makes the cabin a sociable space for friends and family to gather. A large cast-iron woodburning stove stands in the centre, dividing the living-dining area from the kitchen. In the former, wooden furniture stands out against the pale background, with sheepskin rugs softening chairs and assorted ethnic designs brought back from travels abroad introducing touches of colour. Doors lead off from here to two double bedrooms, also furnished in natural hues, as well as a bathroom, while an outdoor shower is very practical when the cabin is full of visitors and adds to the rustic mood. The kitchen has more of a contemporary character, with streamlined dark grey





Ikea units topped with wooden worksurfaces and large lightbulbs hanging on long cords above. The adjacent tiled conservatory has a separate cooking and eating area, and the annexe provides the ideal place to house extra guests. This has a few more decorative elements than the main building, with painted furniture and a patterned bedspread in soft grey. "It's wonderful to lie here at night with the doors open and watch the sun set over the trees," Pauline says.

But, above all, time spent here is about enjoying the beauty of the natural setting to the full. To this end, Pauline has created a series of decked terraces ("I didn't want to have a lawn to worry about or remember to mow") that catch the sun throughout the day, with benches strewn with comfortable cushions. Evening meals are often cooked outside on a large barbecue, which was made by cutting an old oil tank in half, and groups of galvanised metal lanterns dotted around the terraces light the proceedings. Pauline loves to gather seasonal finds such as leaves and cones to display as artistic still-lives on simple tables and along windowsills, together with handfuls of pebbles collected from the beach, which is reached by a path that starts from the garden gate. "My next project will be to insulate the cabin, so I can use it as a hideaway throughout the winter months, too," she adds. "Whenever I'm here, I never want to leave."







OPPOSITE,  
CLOCKWISE FROM  
TOP LEFT A mix-and-  
match tea set adds  
a touch of pattern, as  
do the floral cushions  
on the bed and a soft  
embroidered throw  
**THIS PAGE** Pauline  
loves to celebrate  
the beauty of nature







STYLE

*Country garden*

SEASONS OF INTEREST

*Early spring  
and summer to  
early autumn*

SIZE

*About two acres*

SOIL TYPE

*Light and sandy*

# ARTISTRY IN THE BORDERS

With a mix of careful planting and clever use of colour, a Kentish garden has been creatively designed from scratch, with wide beds of perennials and curved box hedging providing beauty and interest well into autumn

WORDS BY PAULA McWATERS • PHOTOGRAPHS BY ANNAICK GUITTENY





From her terrace on a clear day, Elizabeth Cairns can make out the seemingly endless line of pylons that stretches across Dungeness, and yet her hillside garden in Kent, high up on the edge of the North Downs, is at least 25 miles from the coast. However, such a far-reaching view comes with challenges as well as rewards. Prevailing south-westerlies cut across the plot and Elizabeth's early (and rather optimistic) plantings of delphiniums were blown over within days, which is when she realised that some artful planning was required. "There was nothing much here when we came in 1983 and then everything was flattened in the 1987 gale," she recalls. She and her husband Andrew established a shelter belt with a line of oak, ash and hornbeam on the western boundary, which has made a big difference, and planted coppiced alders in front to form another buffer zone: "We've tried to create micro-climates throughout the garden. You can't block the wind but you can slow it down. Shrubs like *Elaeagnus x ebbingei* are marvellous because they'll still stand up even in the teeth of a gale!" Elizabeth is modest about her achievements on this tricky site, but a glance around the garden reveals subtle artistry at work. The house – late 15th-century brick and Kentish ragstone with a Georgian front – sits in the middle of the plot, halfway down the slope, with the garden unfolding all around it. Immediately in front, the Cairns have created a sunny terrace above an expansive

**THIS PAGE, TOP** A dovecote stands amid *Nicotiana mutabilis* and euphorbia **LEFT** Mauve-pink asters **OPPOSITE, FROM TOP**

**LEFT** *Erigeron karvinskianus*; *Sedum* 'Matrona'; the bright red hips of *Rosa glauca* bring autumn colour to a border









## Lines of vision have been kept open to highlight a distant view or a focal point

sloping lawn where their two dogs, Mr Darcy and Isla, can race around. Towards the bottom is a stone-paved pool garden, where surprisingly tender-looking plants thrive in the lee of low stone walls backed by a hornbeam hedge. A half-hardy *Melianthus major*, with its pleasing, deeply serrated grey-green leaves, went in 15 years ago beside *Yucca filamentosa* 'Variegata', which has happily reproduced ever since. "Even in bad winters, things surprise me by pulling through," Elizabeth says. "A white solanum seemed to have all but given up but then I spotted a tiny shoot in the paving and it has sprung back into life." She is now trying a *Pittosporum tobira*, a half-hardy shrub she admired growing in southern France.

There used to be quarries along this hillside centuries ago – the soil is free-draining sand over ragstone, so Mediterranean plants thrive. Lines of lavender flank the stone paths, chosen by Elizabeth from specialist nursery Downterry Lavender to include two hardy varieties that flower at the same time: white *Lavandula* 'Edelweiss' and blue-purple 'Abrialii'. Alongside these are self-seeded *Verbena bonariensis* ("a packet of seeds 20 years ago and I've had flowers ever since"), hardy geraniums, evening primrose, airy *Gaura lindheimeri* and a host of different



**TOP** Plantings of *Sedum* 'Red Cauli', *Anemone hupehensis* 'Prinz Heinrich' and *Rehmannia elata* lead towards sweeping

box hedging and a stone statue made by Elizabeth's son **RIGHT** *Cyclamen hederifolium* flowers between slabs of stone



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**LEFT** *Allium senescens*

**BELOW** Situated on a south-facing slope 400 feet up, the garden has far-reaching views

across the North Downs. Purple *Verbena bonariensis* thrives in the borders, which are all colour themed

salvias, plus annuals such as nicotiana and cosmos raised from seed in her greenhouse. Thanks to Elizabeth's careful planting, the deep borders froth with perennials until early autumn.

Although the garden at Knowle Hill Farm is constantly evolving, Elizabeth keeps certain key principles in mind to create a harmonious effect. Lines of vision have been kept open both along and down the garden, whether to the distant view of the Weald or to a focal point such as a planted urn or a stone statue made by her son Bertie in his last year at school. "Colour is important to me," she says, "and the borders all have a theme: white and silver with touches of blue in the pool garden; reds and purples in the top border behind the house; and blue and yellow with dark red in the long border."

This is quite an intensive garden to look after but, for Elizabeth, that is the pleasure of it. She has help from gardener Jacky Ireland, who keeps the borders tidy two days a week, plus assistance with lawn and hedge cutting: "This is a free-flowing garden and I used to like it all growing naturally. I've found that's fine for a year or two but then the stronger ones prevail and it's time to impose a bit of order." The borders here show she knows how to do this to spectacular effect. 🇬🇧

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**i** *Knowle Hill Farm Garden, Ulcombe, Maidstone, Kent, is open from May to September by appointment (01622 850240; [knowlehillfarmgarden.co.uk](http://knowlehillfarmgarden.co.uk)).*





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A still life composition featuring a vase of dried flowers, a framed painting of a basket of tools, and a small bottle on a wooden surface. The background is a green paneled wall.

# Style for sale

Twice a year, a beautiful Arts and Crafts house in Surrey is transformed into the perfect showcase for a covetable collection of vintage finds: skilfully sourced and exquisitely displayed, each piece will be on its way to a new home by the end of the day

WORDS BY SUSY SMITH ● STYLING BY ALAINA BINKS ● PHOTOGRAPHS BY CATHERINE GRATWICKE



**OPPOSITE AND THIS PAGE**

From eye-catching paintings and elegant pieces of furniture to simple glassware and rustic ceramics, items are stylishly arranged in situ







**DRIVE ALONG A LEAFY LANE** near Haslemere in Surrey and, through the trees, you might catch a glimpse of a handsome Arts and Crafts house with its tall chimneys and decorative brickwork. On a certain few days in May, and again in October, the quiet setting is disrupted briefly as a flurry of visitors arrive for one of Fiona Lawrenson's sales of decorative antiques. The excitement is palpable – whether it's their first or fifth time, all are keen to arrive as early as possible as they know that items will start selling fast.

Four years ago, Fiona came up with the idea of buying vintage and antique furniture and accessories, furnishing her home with the finds and then inviting people to browse the pieces in situ and buy. At the time she was a successful landscape designer with three RHS Chelsea Flower Show gold medals under her belt and a portfolio of clients from both the UK and abroad. Many projects gave her the opportunity to work closely with architects as they collaborated on the link between indoors and out. "Sometimes clients would ask for my views on their interiors as well and they seemed to like my suggestions," Fiona says. So she began to formulate a plan for marrying her design skill with a love of hunting for vintage items.

This passion for collecting and displaying comes, she thinks, from her childhood, when on finding a cache of old bottles and tins in the woods behind her Peak District home, she used them to set up an annotated display in the stables next to the youth hostel run by her parents and charged visitors an entrance fee. Even at this young age her business acumen was obvious and she realised that people loved old things. "The only Brownie badge I was ever awarded was for collecting," she laughs, "so I think it was in my blood to begin with."

She decided to create a 'gallery' at home rather than taking on the expense of a shop: "I liked the idea of putting together what are effectively stage sets and inviting people into my home to see





**OPPOSITE** Fiona and business partner Jane with a few of their distinctive collectables and vintage accessories, which include a mid-century metal desk (top left) and Victorian glass domes filled with allium seed heads (top right) **THIS PAGE** American cardboard decoy geese, weathered oyster pails and an old model yacht create an eclectic display in a corner of the sitting room





**THIS PAGE** Fiona (top left) writes out tags by hand for each item to give customers an insight into its past. She and Jane (top right) like to showcase every piece to its best advantage, both indoors and outside, using fresh flowers and seasonal produce to stylish effect

how the furnishings will work in a real environment." The six months between sales are spent on buying trips and writing features for the website on homes and garden inspiration. "It's a really busy time," Fiona explains. She visits auctions, vintage fairs and house sales to source stock for the next event, keeping a particular eye out for dowry chests from Eastern Europe and Scandinavia: these are a favourite as they usually have the date and initials painted on them – "I'm always interested in the history of a piece, what it was used for and who made it," she says. But, equally, she will purchase more industrial-looking items such as 1950s metal desks from Germany and 1930s desk lamps.

"Essentially I think of two things when I'm buying: where will I display it in the house and who might like it?" Fiona explains. She gets to know all of the people she invites to the sales, as they are usually friends of friends. Once she understands their style, she will look out for items that might tempt them. Occasionally, customers also ask Fiona to advise them on what to buy and how to combine it with their current furnishings. "I wouldn't call myself an interior designer," she says, "but I understand

space, proportion and perspective, so I help clients change round their existing pieces while introducing new items that I find to make their homes look and work better."

Fiona's friend and neighbour, Jane Geoghegan, joined the business in 2013: her career in publishing and her ability as a photographer brought new skills to the partnership and they now go on buying trips together in the ancient van Fiona previously used for her garden design business. "It's so much more fun with two!" she says.

In the ten days prior to a sale, the transformation of Fiona's home begins. The ground floor is completely cleared of all movable furniture and accessories. "My husband Colin has been known to get home from work and go to sit down in his study only to find his chair has gone!" Fiona recalls. Their children – Jamie, 11, and Holly, 14 – also seem to love the whole experience, rushing in after the first day of a sale to see what's sold and what hasn't. They especially like the more quirky items Fiona finds, such as the ship in a bottle or the 1960s pond yacht, and the items she customises – a decoy duck turned into a lamp or a Victorian bell jar filled



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with dried allium heads. They also get used to the fact that their home will rarely look the same from one month to the next as Fiona tries out new purchases in situ to see how they work: "The kitchen table has changed endless times: for one sale, it's a circular Victorian one painted pale blue; for the next, it's an oak vendange table from the Bordeaux winemaking region."

When the furniture is in place, Fiona begins to add the detail with a range of accessories, including cushions, lamps and books as well as flowers from her garden and other natural finds. Last of all, she hangs the pictures. She likes to have as many small pieces as possible for sale so that everyone can afford something. One visitor might spend £1,000 on a van-load of items, another might go away with just a pressed-glass cake stand. Fiona wants them both to have had an equally good time so they will come back and bring others with them to the next sale. "It's a great chance for everyone to meet up and chat," she says, "although the competition can get quite fierce on occasions when two people have their eye on the same thing!"

*❶ If you would like to attend one of the sales, please email [info@threegatesgallery.com](mailto:info@threegatesgallery.com). The next one will take place from 14-16 October 2015 ([threegatesgallery.com](http://threegatesgallery.com)).*





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## SARAH RAVEN

is best known for her work as a gardener and author but she also studied medicine at the University of London and then worked as a junior doctor at Royal Sussex County Hospital, Brighton. Since her medical training, she has become interested in healthy eating and what it means to her cooking. Here, she focuses on exceptionally good foods that she believes should be included in our diet as much as possible – and how to eat them. Using information gathered from nutritionists, medical journals and research centres, and based on her own discoveries, Sarah has distilled that knowledge into a collection of 12 fruits and vegetables, from kale and blood oranges to tomatoes and beetroot.





# *Sarah Raven's* SUPERFOODS

Every month, Sarah picks the healthiest fruit and vegetables to eat in season, with delicious recipes to make the most of their flavours and natural goodness

## OCTOBER: SQUASH

WORDS, RECIPES AND FOOD STYLING BY SARAH RAVEN • PHOTOGRAPHS BY JONATHAN BUCKLEY  
FOOD AND DRINK EDITOR ALISON WALKER



**WE'RE NOT SHORT OF SPACE** in the garden at Perch Hill, so I grow a large variety of pumpkins and squash. I love the texture and taste of 'Early Butternut', while 'Crown Prince' is also a winner, with a sweet, treacly flesh once cooked. 'Red Kuri' is easy to grow and has a great taste, reminiscent of chestnuts; it's a good practical size, too, as it feeds two or three people in one sitting. Pumpkin 'Munchkin' is the smallest of them all – I roast it whole on a bed of rosemary or sage (both herbs bring out the flavours of all pumpkins and squash), then cut off the top and scoop out the

seeds. Much like a boiled egg, you can then eat it with a teaspoon, adding salt and pepper and a drizzle of olive oil.

Squash may grow like triflids, but they look marvellous in the garden and when picked and piled up to ripen inside. They're also extremely healthy and the nutrient content increases on storing, so they're one of the rare foods better for us not eaten fresh.

Winter squash are rich in vitamin B and C and the antioxidant mineral manganese, plus they're high in fibre; but it's the beta-carotene content that makes them excel in terms of 🍊





'Turk's Turban'



Little gem 'Rolet'



'Celebration'



'Munchkin'



'Delicata'



Fig-leaf gourd and  
pattypan squash



Spaghetti squash



'Turk's Turban'





nutrition. You can tell by the colour of the flesh that they're a good source – the richer the colour, the more there is of it. It's best to roast squash, peel and cube it – you can then remove the minimal thickness of flesh just below the skin where the carotenoid pigment is at its highest concentration. Squash also contain high levels of substances called cucurbitacins, named after the gourd family (*Cucurbitaceae*) to which squash belong. Both these groups of antioxidants are part of the plants' natural defence mechanisms, and the same properties that cause these substances to be potentially toxic to some animals, and micro-organisms also make them effective as an antioxidant for us.

Beta-carotene helps to protect against cancer and is very good for our eyes, but squash is a valuable source of healthy carbohydrates, too. These include resistant starch, which is a type your body can't digest and is considered by some to be the third type of dietary fibre, after soluble and insoluble. This vegetable family releases sugars more slowly than the conventional potato (butternut squash has a GI of 40 compared to normal jacket potatoes with no skin at 98), and have other insulin-regulating properties, so they are a great food for diabetics.

Squash are also anti-inflammatory and, like nuts, contain omega-3 fatty acids. However, an important difference to nuts is that less than 15 per cent of the calories in squash comes from fat, compared with almost 90 per cent of the calories in walnuts. Squash, therefore, allow us to get a good amount of our anti-inflammatory omega-3s without much of a change in our total fat intake. The seeds make an excellent snack as well. They are full of linoleic acid and oleic acid, the mono-unsaturated fatty type plentiful in olive oil and very good for us. So don't just use pumpkins and squash to make lanterns in the next few weeks – eat plenty of them, too.



## SQUASH CAPONATA

*Preparation 20 minutes*

*Cooking about 45 minutes*

*Makes 4-6 mezze-sized servings*

Caponata is a sweet and sour dish made with aubergines, but squash is a perfect substitute. Here, chocolate gives a depth of flavour, while vinegar preserves the dish, so it can be kept in the fridge for at least two weeks.

**700g squash, peeled and cut into 2-3cm cubes**  
**a drizzle of rapeseed oil, for roasting and frying**  
**1 onion, peeled and finely chopped**  
**2 garlic cloves, peeled and chopped**  
**75ml red wine vinegar**  
**400g tin of chopped tomatoes**  
**handful of raisins**  
**handful of black olives, roughly chopped**  
**2 tbsp capers**  
**1 tbsp 70% cocoa powder or grated 70% dark chocolate (optional)**  
**bunch of winter herbs, such as parsley and chervil, coarsely chopped**

- 1 Heat the oven to 180°C (160°C fan oven) gas mark 4. Roast the squash in the oven with a drizzle of oil for 30-40 minutes until the flesh is soft and the edges start to char.
- 2 Meanwhile, sweat the onion and garlic in a pan with a little oil until softened. Increase the heat slightly and add the vinegar. Reduce until the vinegar has almost bubbled away, then add the tomatoes, raisins, olives, capers and cocoa or chocolate (if using). Cook for 10 minutes until the mixture becomes thick and rich.
- 3 Add the squash and cook for a further few minutes. Remove from the heat and, when the mixture has cooled a little, add the coarsely chopped herbs. Give a good stir and season to taste. Serve with houmous, baba ghanoush or sundried tomato tapenade and toasted pitta or garlic flatbreads.





## SQUASH, FETA AND WALNUT PARCELS

*Preparation 35 minutes*

*Cooking 1 hour Makes 8-10 bundles*

Filo parcels are a great way to pack your diet with vegetables. Fill them with squash or swap for courgettes, spinach, chard, grated beetroot, fennel or a mix.

**1.3kg butternut squash, peeled, deseeded and cut into 2cm chunks**  
**6 tbsp olive oil (4 tbsp for brushing)**  
**3 tbsp fennel seeds**  
**1 large red onion, peeled and finely sliced**  
**1 fennel bulb (about 200g), finely sliced**  
**2 garlic cloves, crushed**  
**1 red chilli, deseeded and finely chopped**  
**8 sage leaves, finely sliced**  
**75g toasted walnuts, chopped**  
**1 tbsp crème fraîche**  
**small bunch flat-leaf parsley, finely chopped**  
**200g feta or soft goat's cheese**  
**6-9 sheets filo pastry**

- 1 Heat the oven to 200°C (180°C fan oven) gas mark 6. Roast the squash with 1 tbsp oil, fennel seeds, flaky sea salt and freshly ground black pepper for about 30 minutes until soft and golden.
- 2 Meanwhile, fry the onion and fennel in 1 tbsp oil until the onion is translucent and the fennel is softened. Add the garlic, chilli and sage and cook for 1 minute. Remove from the heat.
- 3 Put the roasted squash into a bowl and lightly mash with a fork, keeping it chunky. Add the onion mixture, walnuts, crème fraîche, parsley and crumbled feta. Combine and taste for seasoning.
- 4 Lay out a sheet of filo pastry. Brush lightly with olive oil. Repeat twice more, so that you have 3 oiled layers of filo.
- 5 Cut the pastry into 4 squares and put a heaped tablespoon of squash into the centre of each one. Bring

- the corners together to form a bundle and seal firmly just above the mix. Repeat with the remaining mixture and filo sheets.
- 6 Arrange the parcels on a lined baking tray and brush with a little oil. Bake in the oven for 20-30 minutes until golden.

## KALETTE, SQUASH AND PARMESAN SALAD

*Preparation 15 minutes*

*Serves 6-8 as a starter*

You can make this salad with Brussels sprouts or the new superfood, kalettes (also called flower sprouts), which have been bred by crossing kale and Brussels sprouts. Kalettes have a slightly sweeter taste than either parent and are packed with powerful antioxidants, many times more than kale. This fresh salad is quite dense, so a little goes a long way.

**400g pumpkin (or squash), cut into segments, peeled**

**and deseeded juice of 1 lemon**  
**250g kalettes or Brussels sprouts**  
**2 heaped tbsp pumpkin seeds, toasted**  
**3 tbsp freshly grated Parmesan (or 15 slivers)**  
**extra-virgin olive oil, for drizzling**

- 1 Using a mandolin or vegetable peeler, cut the peeled pumpkin (or squash) into thin ribbons. Put these in a bowl with the lemon juice and a pinch of flaky sea salt for a few minutes.
- 2 Meanwhile, finely slice the kalettes or Brussels sprouts. Put in a bowl or on a large platter. Scatter over the pumpkin ribbons and sprinkle with the pumpkin seeds and Parmesan.
- 3 Season with freshly ground black pepper, drizzle with extra-virgin olive oil and toss well before serving. 🍴







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## STUFFED BUTTERNUT SQUASH WITH CREAMY GOAT'S CHEESE

*Preparation* 15 minutes

*Cooking* 1 hour 20 minutes

*Serves* 2 as a main or 4 as a side

The skin of butternut squash is so thin, you can eat it when cooked, which gives you all the nutrients concentrated there.

1 butternut squash, about 1kg  
1 tbsp olive oil, plus extra for drizzling

100g soft goat's cheese, crumbled

small bunch sage (about 12 leaves), finely shredded, plus a few extra for serving  
small bunch of chives, finely chopped

100g toasted and roughly chopped hazelnuts, plus a handful to serve

- 1 Heat the oven to 180°C (160°C fan oven) gas mark 4.
- 2 Cut the squash in half lengthways, leaving the seeds in as they're easier to remove once cooked. Place on a baking tray, cut side up. Drizzle with olive oil. Roast for 50-60 minutes until the flesh is soft when pierced with a knife.
- 3 Scoop out the seeds and carefully remove the flesh from the squash, leaving a 1cm rim next to the skin.
- 4 Mash the squash in a bowl with the rest of the ingredients and divide between the shells.
- 5 Bake in the oven for 20 minutes until the filling turns golden on top.
- 6 Heat 1 tbsp oil and gently fry a few sage leaves in oil until curling at the edges. Pour the oil and sage leaves over the squash and scatter with toasted hazelnuts. 🍴

*1 Sarah has written a number of bestselling gardening and cookery books, and runs a range of courses from her home at Perch Hill in East Sussex. Visit [sarahraven.com](http://sarahraven.com) for details.*

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# SIMPLE DISHES *for* BUSY DAYS

In her current series showcasing easy but mouthwatering recipes, Alison Walker presents ideas that capture autumn's hearty flavours

RECIPES AND FOOD STYLING BY ALISON WALKER • PHOTOGRAPHS BY CLARE WINFIELD • STYLING BY WEI TANG



## WARM PIGEON AND SPELT SALAD

*Preparation 25 minutes*

*Cooking 25 minutes*

*Serves 2 as a main course  
or 4 as a starter*

Pigeon is a rich and strongly flavoured meat, so a small amount is all that's needed for this autumnal salad.

2 tbsp rapeseed oil  
300g butternut squash,  
peeled and cut into  
1.5cm cubes  
2 garlic cloves, left whole  
and unpeeled  
2 sprigs of thyme  
250g pigeon breasts  
splash of red wine vinegar  
250g ready-cooked spelt  
1 tsp blackberry jelly  
50g peppery salad leaves  
½ red onion, thinly sliced  
25g toasted hazelnuts,  
roughly chopped  
handful of blackberries

- 1 Heat the oven to 200°C (180°C fan oven) gas mark 6. Put 1 tbsp oil into a roasting pan and heat it up in the oven. Add the squash, garlic and one of the thyme sprigs to the pan. Season with salt and pepper, toss in the oil and cook for 15-20 minutes until tender.
- 2 Slice the pigeon into strips the width of your little finger. Set a sauté pan over a medium to high heat and, when it's hot, add the rest of the oil. Stir-fry the meat for 2 minutes until golden but still pink inside. Set aside.
- 3 Deglaze the pan with vinegar, then add the squash and any oil from the roasting pan (remove the thyme and garlic first) along with the spelt. Heat, stirring constantly. Add a splash of water if the spelt starts to stick. Stir in the blackberry jelly and pigeon, and heat for 1 minute.
- 4 Stir in the leaves and onion and pile onto a serving plate. Sprinkle with the nuts, blackberries and thyme leaves. Serve at once. 🍴



...game



**AROMATIC ONE-POT  
VENISON CURRY**

*Preparation 20 minutes*

*Cooking about 2 hours*

*Serves 4-6*

Stewing venison is perfect for this recipe – look out for packs at your local butcher – otherwise choose a tougher cut such as shoulder, neck and shin. Venison is available all year round, either farmed or wild.

1 tbsp sunflower oil  
1 large onion, chopped  
1 tsp dark muscovado sugar  
3 garlic cloves, crushed  
walnut-sized piece of fresh ginger, grated  
2 tsp garam masala  
1 tsp ground coriander  
1 tsp ground turmeric  
1 tsp chipotle chilli flakes  
400g tin plum tomatoes  
1kg stewing venison, cubed  
150g full-fat plain yogurt  
freshly chopped coriander, to garnish  
chutney, to serve

- 1 Heat the oven to 150°C (130°C fan oven) gas mark 2. Heat the oil in a large hob-proof casserole and gently fry the onion for 10 minutes until softened. Turn up the heat to medium, stir in the sugar and cook for another 5 minutes until golden.
- 2 Stir in the garlic, ginger and spices and fry for 2 minutes. Add the tomatoes and break up with a wooden spoon. Add 400ml water and bubble for 10 minutes.
- 3 Add the venison and 1 tsp salt. Bring back to just under the boil, cover and cook in the oven for 1-1½ hours until the meat is meltingly tender. Check the seasoning. Stir in the yogurt and garnish with coriander. Serve with naan bread, rice and chutney.







## PROSCIUTTO-WRAPPED PHEASANT WITH CELERIAC MASH AND CRISPY ONIONS

*Preparation 30 minutes Cooking 25 minutes Serves 4*

Pheasant is good for game novices as it is pleasantly gamey without being overpowering, depending on how long it has been hung.

25g softened butter  
1 tbsp chopped sage leaves  
8 slices of prosciutto  
4 pheasant breasts  
675g celeriac, peeled and cut into chunks  
300g Maris Piper potatoes, peeled and cut into chunks  
large sprig of rosemary  
25g butter  
milk  
sunflower oil, for frying  
2 medium onions, sliced into 1cm thick rings  
seasoned flour

- 1 Heat the oven to 200°C (180°C fan oven) gas mark 6. Lightly oil a lipped baking sheet. Blend together the butter and sage.
- 2 Arrange 2 slices of prosciutto slightly overlapping lengthways on a board. Season the pheasant, then lay a breast on one end of the prosciutto. Spread the top with sage butter and wrap up, making sure the seam sits on the underside and repeat for the other breasts. Arrange them spaced apart on the baking sheet and cook in the oven for 20-25 minutes. Rest on a warm plate covered with foil.
- 3 Put the celeriac, potatoes and rosemary in a pan of salted water. Bring to just under the boil and simmer for 15-20 minutes until the vegetables are tender. Drain in a colander and leave to dry out in their own steam. Discard the rosemary.
- 4 Melt the butter in the pan then add the celeriac and potatoes and break up with a potato masher. Add a

splash or two of the milk to make a creamy mash. Check the seasoning.

- 5 To make the crispy onions, place about 1cm depth of oil in a sauté pan and put over a medium heat. Dust the onion rings with the flour and, when the oil is hot, fry them until golden. Drain on kitchen paper.
- 6 Divide the celeriac mash between four plates. Slice each breast into 4-5 thick pieces and place on top. Drizzle with the resting juices if you like. Garnish with the onion. 🍴



## HONEY-GLAZED PARTRIDGE WITH PEARS AND PARSNIPS

*Preparation 20 minutes*

*Cooking about 50 minutes*

*Serves 4*

Check the breastbone of your bird: soft and pliable is best for roasting; those with a harder bone should be pot roasted.

2 tbsp sunflower oil  
4 medium parsnips  
50g softened butter  
leaves from one sprig of thyme, plus 4 small sprigs  
4 whole partridge  
4 firm Conference pears, peeled, halved and cored  
1 tbsp runny honey  
1 tbsp plain flour  
250ml perry  
250ml chicken stock  
1 tsp quince or medlar jelly

- 1 Heat the oven to 220°C (200°C fan oven) gas mark 7. Put the oil in a roasting pan and heat it in the oven while cooking the parsnips.
- 2 Peel and halve or quarter the parsnips. Put in a pan of salted cold water, bring to the boil and simmer for 10 minutes. Drain and leave to steam for 2 minutes.
- 3 Blend the butter and thyme and smear over the partridge. Place sprigs of thyme into each cavity. Put the birds, parsnips and pears into the roasting pan and cook for 20 minutes, turning and basting the vegetables and fruit halfway through. Brush the partridge with honey and cook for another 10 minutes.
- 4 Remove the partridge, parsnips and pears and keep warm. Reserve 1 tbsp of the fat and all the juices. Put the pan over a medium hob. Stir in the flour and cook for a minute, scraping up the residue. Blend in the perry and the stock. Bubble for 10 minutes until lightly syrupy. Stir in the jelly and check the seasoning. Serve with game chips. ➔





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## WILD BOAR PLAIT

*Preparation 20 minutes, plus  
chilling Cooking 40 minutes*

*Serves 8*

Wild boar is low in fat and slightly darker in colour and richer in flavour than pork. This recipe also works well with pork sausagemeat.

1 small onion, grated  
1 Bramley apple, peeled, cored and diced  
40g fresh breadcrumbs  
12 juniper berries, crushed and roughly chopped  
1 tbsp freshly chopped sage leaves  
1 tbsp brandy  
500g wild-boar mince  
1 medium egg, beaten, plus another for glazing  
flour, for dusting  
500g ready-made puff pastry  
½ tsp each black mustard and sesame seeds

1 Put the onion, apple, breadcrumbs, juniper, sage and brandy in a large bowl and season with 1 tsp salt and a twist or two of freshly ground black pepper. Stir together to combine, then, using your hands, mix in the mince and egg. To test it contains sufficient seasoning, put a splash of oil into a small frying pan set over a medium heat. Cook 1 tsp of the mixture for a few minutes, flattening slightly with a fork. Taste and add more seasoning if necessary. Chill the mixture while you roll out the pastry.

- 2 Lightly dust the worktop with flour and roll out the puff pastry to a rectangle approximately 35cm x 26cm.
- 3 With damp hands, arrange the wild boar mixture evenly down the centre of the pastry, leaving about 8cm pastry either side. Make 45° cuts at 2cm intervals down the length of each side. Brush the cuts with beaten egg. Starting from the top, bring over the strips, alternating from left to right and bringing to meet in the centre. Press down lightly to secure and tuck in the top and bottom ends underneath the plaits. Transfer to a baking sheet, brush all over with beaten egg and chill for 30 minutes.
- 4 Heat the oven to 220°C (200°C fan oven) gas mark 7. Brush the plait with more beaten egg and sprinkle with the seeds. Bake for 10 minutes, then reduce the oven temperature to 200°C (180°C fan oven) gas mark 6 and continue cooking for 25-30 minutes until the pastry is golden brown and the filling is piping hot – to check the filling is cooked through, pierce with a skewer and hold there for a count of 10 seconds. The end of the skewer should feel piping hot; if not, return to the oven and check at 5-minute intervals. Serve hot or cold with seasonal vegetables.



# *Into the blue*

Make a sophisticated statement with distinctive designs and timeless prints from Laura Ashley in a beautiful new palette

*A*s the season changes and we find ourselves spending more time indoors, it's the ideal moment to refresh a room and create a stylish setting for relaxing and entertaining. This autumn, Laura Ashley has updated Summer Palace, one of its most popular archive prints, in a warm royal blue colourway. Originally inspired by an oriental chintz design, it brings a modern interpretation of this heritage motif into your home – with its distinctive Chinese-style tree of life pattern featuring butterflies and nightingales among ornate flowers on trailing branches. Perfect for curtains and soft furnishings, it adds a charming touch of elegance to an interior when used by itself or can be teamed with sumptuous velvets and complementary prints in the same rich blue to create a more dramatic and sophisticated feel.

Choose from a distinctive range of accessories to complete the look, from classic blue-and-white porcelain pieces in the China Blue collection, which includes vases, tableware, lidded urns and stools, to eye-catching ornaments with a bold oriental theme. Create the home of your dreams this autumn with help from Laura Ashley.

*Visit [lauraashley.com](http://lauraashley.com) for more style inspiration and to find your nearest store.*

LAURA ASHLEY







# COUNTRY LIVING

## reader survey

This magazine is all about YOU, the reader, so please fill in our simple survey online at **thissurvey.com/countryliving** or post it back to the address opposite

Reply by  
4 October 2015  
and you could  
**WIN £250**  
of John Lewis  
vouchers

### How long have you been buying Country Living?

- ☐ 1 This is my first issue  
☐ 2 1-12 months  
☐ 3 1-2 years  
☐ 4 3-4 years  
☐ 5 5-10 years  
☐ 6 10+ years

### What made you buy this issue?

- ☐ 01 I subscribe to Country Living  
☐ 02 I always buy Country Living  
☐ 03 The image on the cover  
☐ 04 A story on the cover  
☐ 05 An article inside  
☐ 06 It looked really fresh and interesting  
☐ 07 It just stood out on the newsstand  
☐ 08 It was part of a multi-pack with another title  
☐ 09 The price  
☐ 10 The free craft supplement  
☐ 11 Someone else gave it to me  
☐ 12 I wanted to treat myself  
 Other (please specify) \_\_\_\_\_

### How did you get this copy of Country Living?

- ☐ 1 I have a subscription  
☐ 2 I went to a shop especially to buy it  
☐ 3 I saw it in a shop and decided to buy it  
☐ 4 It was part of a multi-pack with another title  
☐ 5 A friend gave it to me  
 Other (please specify) \_\_\_\_\_

### Country Living comes out monthly.

How often (a) have you bought it in the past and (b) do you intend to buy it in the future?

- |                    | (a) past                | (b) future              |
|--------------------|-------------------------|-------------------------|
| Every issue        | <input type="radio"/> 1 | <input type="radio"/> 1 |
| Every other issue  | <input type="radio"/> 2 | <input type="radio"/> 2 |
| 2-5 times per year | <input type="radio"/> 3 | <input type="radio"/> 3 |
| Less often         | <input type="radio"/> 4 | <input type="radio"/> 4 |
| Never              | <input type="radio"/> 5 | <input type="radio"/> 5 |

### How likely do you think it is that you would buy this magazine in the future?

- ☐ 1 Definitely ☐ 4 Not very likely  
☐ 2 Very likely ☐ 5 Not at all likely  
☐ 3 Quite likely ☐ 6 Don't know

### An issue of Country Living on the newsstand costs £4.10. In terms of value for money, how do you rate it?

- ☐ 1 Very good ☐ 3 Not very good  
☐ 2 Quite good ☐ 4 Not at all good

### Would you like to see more or less of any of the following content in Country Living or is the amount just right?

- |                                    | More                    | Just right              | Less                    |
|------------------------------------|-------------------------|-------------------------|-------------------------|
| Houses                             | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| Decorating and interiors           | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| Gardening                          | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| Food & drink                       | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| Traditional crafts                 | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| Things to make                     | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| Health & alternative therapies     | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| Farming/rural issues               | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| Reader offers                      | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| Travel                             | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| Country experiences for you to try | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| Country in the city                | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| Living the good life/smallholding  | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| Rural businesses                   | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| Practical advice                   | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| British producers                  | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| Wildlife & nature                  | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| Beauty                             | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |

### Which coverline on this issue interested you the most?

### Which feature did you most enjoy reading in this issue?

Which of the following words would you use to describe this month's cover of Country Living and which would you use to describe its content? Please tick all that apply.

- |               | Cover                    | Content                  |
|---------------|--------------------------|--------------------------|
| Stylish       | <input type="radio"/> 01 | <input type="radio"/> 01 |
| Friendly      | <input type="radio"/> 02 | <input type="radio"/> 02 |
| Informed      | <input type="radio"/> 03 | <input type="radio"/> 03 |
| Inviting      | <input type="radio"/> 04 | <input type="radio"/> 04 |
| Accessible    | <input type="radio"/> 05 | <input type="radio"/> 05 |
| Bold          | <input type="radio"/> 06 | <input type="radio"/> 06 |
| Warm          | <input type="radio"/> 07 | <input type="radio"/> 07 |
| Rustic        | <input type="radio"/> 08 | <input type="radio"/> 08 |
| Traditional   | <input type="radio"/> 09 | <input type="radio"/> 09 |
| Current       | <input type="radio"/> 10 | <input type="radio"/> 10 |
| Energetic     | <input type="radio"/> 11 | <input type="radio"/> 11 |
| Beautiful     | <input type="radio"/> 12 | <input type="radio"/> 12 |
| Inspirational | <input type="radio"/> 13 | <input type="radio"/> 13 |
| Young         | <input type="radio"/> 14 | <input type="radio"/> 14 |
| Uncluttered   | <input type="radio"/> 15 | <input type="radio"/> 15 |
| Clear         | <input type="radio"/> 16 | <input type="radio"/> 16 |
| Fresh         | <input type="radio"/> 17 | <input type="radio"/> 17 |
| Practical     | <input type="radio"/> 18 | <input type="radio"/> 18 |
| Seasonal      | <input type="radio"/> 19 | <input type="radio"/> 19 |
| Contemporary  | <input type="radio"/> 20 | <input type="radio"/> 20 |
| Escapist      | <input type="radio"/> 21 | <input type="radio"/> 21 |
| Vibrant       | <input type="radio"/> 22 | <input type="radio"/> 22 |

### What are the main reasons you buy Country Living? Tick all that apply.

- ☐ 01 For escapism  
☐ 02 To be in the know  
☐ 03 For ideas and inspiration  
☐ 04 To learn about life in the countryside  
☐ 05 To look at beautiful homes/rooms  
☐ 06 To know where to buy things for my home  
☐ 07 For practical advice on decorating  
☐ 08 To look at the beautiful photography  
☐ 09 To get ideas for things to make  
☐ 10 For an intelligent and thoughtful read  
☐ 11 For a little bit of country in the city  
☐ 12 To get ideas about places to visit  
☐ 13 It reflects the life I currently lead  
☐ 14 To dream of the life I want one day  
☐ 15 Out of habit  
 Other (please specify) \_\_\_\_\_



How old do you think the typical  
Country Living reader is?

Which of the following types of people  
would buy this magazine? Please mark  
as many as you think apply.

- ☐ 01 Someone like me  
☐ 02 Someone younger than me  
☐ 03 Someone stylish  
☐ 04 Someone richer than me  
☐ 05 Someone middle class  
☐ 06 Someone energetic  
☐ 07 Someone trendy  
☐ 08 Someone older than me  
☐ 09 Someone who is informed  
☐ 10 Someone with a successful career  
☐ 11 Someone I want to be  
☐ 12 Someone shallow  
☐ 13 Someone I would admire  
☐ 14 Someone living the good life  
☐ 15 Someone old-fashioned  
☐ 16 Someone with a nice home  
☐ 17 Someone who has a family  
☐ 18 Someone who lives in the country  
☐ 19 Someone who lives in a town/city  
☐ 20 Someone a little bit frumpy  
☐ 21 Someone who's good at making things  
☐ 22 Someone educated  
☐ 23 Someone relaxed  
☐ 24 Someone fun

### Other magazines

Is Country Living the only magazine  
you buy?

- ☐ 1 Yes ☐ 2 No

If no, which of the following magazines  
do you buy?

- ☐ 01 Red  
☐ 02 Prima  
☐ 03 Cosmopolitan  
☐ 04 Marie Claire  
☐ 05 Good Housekeeping  
☐ 06 Molly Makes  
☐ 07 Homes & Antiques  
☐ 08 Country Homes & Interiors  
☐ 09 Homes & Gardens  
☐ 10 House & Garden  
☐ 11 House Beautiful  
☐ 12 The Simple Things  
☐ 13 Landlove  
☐ 14 Landscape  
Other (please specify) \_\_\_\_\_

### About you

Which of the following do you own  
or have access to?

- ☐ 01 PC ☐ 05 Tablet  
☐ 02 Laptop ☐ 06 E-reader  
☐ 03 Smartphone ☐ 07 None of the above  
☐ 04 Traditional phone

Do you visit [countryliving.co.uk](http://countryliving.co.uk)?

- ☐ 01 Yes ☐ 02 No

Do you follow Country Living on...

- ☐ 01 Facebook ☐ 03 Pinterest  
☐ 02 Twitter ☐ 04 None of the above

Have you ever visited the Country Living  
General Store – [shop.countryliving.co.uk](http://shop.countryliving.co.uk)?

- ☐ 01 Yes – I've made a purchase  
☐ 02 Yes – I've browsed  
☐ 03 No

Are you aware that Country Living has  
a furniture range with DFS?

- ☐ 01 Yes – I've made a purchase from  
the range  
☐ 02 Yes – I've browsed the range  
☐ 03 No

Are you aware of the new Country Living  
publication Modern Rustic?

- ☐ 01 Yes – I've read a copy  
☐ 02 Yes – I'm aware but haven't yet read  
☐ 03 No

Are you...?

- ☐ 01 Male ☐ 02 Female

How old are you?

Where do you live?

- ☐ 01 South-east England  
☐ 02 South-west England  
☐ 03 London  
☐ 04 East of England  
☐ 05 East Midlands  
☐ 06 West Midlands  
☐ 07 Yorkshire and The Humber  
☐ 08 North-east England  
☐ 09 North-west England  
☐ 10 Scotland  
☐ 11 Wales  
☐ 12 Northern Ireland  
☐ 13 Overseas

And is your home in...

- ☐ 01 A city/town centre  
☐ 02 The suburbs of a city/town  
☐ 03 A village near a city/town  
☐ 04 A village in the countryside  
☐ 05 A hamlet  
☐ 06 A seaside town/village

Are you?

- ☐ 01 Single  
☐ 02 In a relationship but not living together  
☐ 03 Married/civil partnership  
☐ 04 Living together  
☐ 05 Divorced/separated  
☐ 06 Other

Do you have any children?

- ☐ 01 Yes, living at home  
☐ 02 Yes, but they no longer live at home  
☐ 03 No

What is your current status?

- ☐ 01 Student  
☐ 02 Working full time  
☐ 03 Working part time  
☐ 04 Self employed  
☐ 05 Housewife/house-husband  
☐ 06 Unemployed  
☐ 07 Retired  
Other (please specify) \_\_\_\_\_

What is your approximate personal  
annual income?

- ☐ 01 Under £30,000  
☐ 02 £30,000-£59,999  
☐ 03 £60,000-£99,999  
☐ 04 £100,000-£199,999  
☐ 05 £200,000 or more  
☐ 06 Prefer not to say

What is your approximate household  
income?

- ☐ 01 Under £30,000  
☐ 02 £30,000-£59,999  
☐ 03 £60,000-£99,999  
☐ 04 £100,000-£199,999  
☐ 05 £200,000 or more  
☐ 06 Prefer not to say

Thank you for completing our survey  
– please fill in the following details:

Title \_\_\_\_\_  
Name \_\_\_\_\_  
Address \_\_\_\_\_

Date of birth \_\_\_\_\_  
Home phone number \_\_\_\_\_  
\*Mobile number \_\_\_\_\_  
\*Email \_\_\_\_\_

Then cut out the survey and post it to:

Kristina Carus  
HEARST RESEARCH HUB  
33 Broadwick Street  
London W1F 0DQ

**Terms & conditions** No purchase necessary. The closing date for the draw is 4 October 2015. Only one entry will be accepted per person. The draw is not open to employees of Hearst Magazines UK, their agents or direct family members. The competition is open to UK residents only. Overseas entrants are not eligible. The data that you submit will be collected internally and used on an anonymous basis for internal marketing purposes. The prizewinner will be selected at random and notified within 28 days of the prize draw date. Only the winner will be contacted personally. The name of the winner is available by sending an s.a.e. to Country Living Reader Survey, 72 Broadwick Street, London W1F 9EP. All aspects of the prize are subject to availability and may not be transferred or extended. The winner must be 17 years old or above. Prize must be taken as stated, although Hearst Magazines UK reserves the right to change the prize in the event of unforeseen circumstances. Hearst Magazines UK does not accept any responsibility for late or lost entries. Hearst Magazines UK's decision is final in every situation including any not covered above. Hearst Magazines UK will enter into no correspondence and shall be permitted to exclude any entrant at any time at its sole discretion. Entrants will be deemed to have accepted these rules and to agree to be bound by them. You can view our privacy policy at [hearst.co.uk/dp](http://hearst.co.uk/dp). Hearst Magazines UK is the trading name of The National Magazine Company Ltd with its head office at 72 Broadwick Street, London W1F 9EP.



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## MEET THE URBAN ARTISANS

*Forest-and-Found*

One couple in Walthamstow have taught themselves the traditional skills of woodworking and quilting to create a collection of contemporary homeware that combines the useful and the beautiful

WORDS BY LOUISE ELLIOTT

**PEEP THROUGH THE WINDOWS** of Abigail Booth and Max Bainbridge's log-cabin-style workshop in north-east London and you could easily be reminded of a scene from *Little House on the Prairie*. A blazing woodburner takes the chill off the autumn air as Max hand-carves lengths of wood to fashion into smooth spoons and boards, while Abigail cuts out pieces of hand-dyed fabric to stitch into stylish quilts. The studio is built from pieces of old sheds, and the surrounding established trees add to the country-in-the-city setting. "Everything we do is rooted in traditional craft and our relationship with the natural environment," Max says.

The couple started their business, Forest-and-Found, almost two years ago after graduating in fine art from Chelsea College of Art and Design, where they had been drawn together by their love of making. Setting up a studio in the garden of Max's family home allowed

**"It's collaborative: we both work on all the designs together"**

them to pursue their passion for craft. "I had some timber left over from a degree project and tried creating pieces of furniture," Max recalls. "From there, I developed an interest in carving and began teaching myself other woodworking techniques." At the same time, Abigail started exploring the idea of quilting, using her love of colour to create dyes. "We have our own disciplines but it's a very collaborative venture – we both work on all the designs together," she says.

The main part of the workshop is used by Max, with benches and worksurfaces built to fold or slot away to save space, and chisels and saws hanging from hooks to maintain order. Whether he is carving or turning, his collection of practical but elegantly shaped



**ABOVE** Abigail enjoys views of the garden while making her quilts **RIGHT** Max's carved utensils emphasise the individual grain of each wood







**FROM TOP** Max creates a range of carved pieces, including spoons and knives; Abigail's stitching increases the graphic quality of her designs



utensils – bowls, chopping boards, rolling pins, spoons, knives and honey dippers – show off the individual grain of each type of timber: “Every wood has particular properties that suit different items. Spalted birch has beautiful patterns but doesn’t like getting wet, so I keep it for salt cellars and pinch pots, while walnut, cherry and sweet chestnut are much harder and better for pieces that are handled more.” Sustainability is a key part of Forest-and-Found, and all timber is either reclaimed or sourced from Forestry Commission land, such as Epping Forest. “Everything is labelled with the type of wood and where it is from. Provenance is as important as design,” Max adds.

Abigail’s quilts have the same sense of simple beauty but with a graphic quality that echoes the patterns of Amish and Shaker designs, or the bold geometrics of English heraldry. Sticking out like a wing from the main workshop, her space is a cross between a sewing room and an apothecary. Six different sewing machines stand alongside piles of material, threads and glass jars of dye stuffs made with foraged finds: “I began looking for plants when we were exploring woodlands for timber – I realised nature offered an Aladdin’s cave of possibilities.” So oak galls are used with an iron mixture created with rusty nails and vinegar to produce shades of soft grey and black, while nettles give a pale greeny hue and gorse flowers a yellow with a lime-green tinge. The colour she achieves will shape the finished item, with patterns such as lattice and daisy chain built up with blocks of her precious dyed fabrics offset by a white background.

When they’re not working on their designs, Max and Abigail spend time documenting their materials and processes, and soon hope to plant a dye garden on their Walthamstow allotment. Their combined love of nature, craft and creativity is shaping a business to watch.

[Forest-and-Found \(07515 880273; forest-and-found.com\)](https://www.forest-and-found.com)



# Seeing the light

Discover how to transform your living space with Velux roof windows



**LEFT** Three Velux Integra® electric white polyurethane roof windows fill a room with natural light **BELOW** Smaller spaces will appear larger and you can make the most of surrounding views



Bring a light feel to an interior to create a warm and welcoming effect. Now the days are gradually getting shorter as we head towards winter, making the most of the daytime is essential. Velux® has just the products to make sure this happens, with its wide range of roof windows, in particular the Velux Integra® electric designs. These are easy to install and are even easier to use, especially if you go for those that are solar powered and controlled with a touch-screen remote. They even come with rain sensors, so will automatically close if there's a shower. Choosing a white polyurethane finish in rooms that can often be full of moisture will mean that the windows will be easy-to-clean and maintain, and ensure your home is always as bright and uplifting as possible.

## Turn under-used areas into bright and breezy spaces

*For inspiring ideas, top tips and design and colour advice on how Velux roof windows can transform your rooms, visit [velux.co.uk](http://velux.co.uk).*







**One of these is full of health benefits and costs 33p.\*  
The other one's an apple.**

When you feed cats IAMS you give them all the daily nourishment they need to help promote a healthy heart, skin, teeth, eyes and a shiny coat. Plus a strong immune system, muscles and healthy digestion. Should be enough to keep the doctor away!

**IAMS®**



\*The cost of a meal of IAMS is based on the recommended feeding amount for a 4kg cat, and the price seen on [tesco.com](http://tesco.com) on 17.03.2015. Your cat may eat more or less depending on age, temperament and activity.





## GET CRAFTY

As the nights start to draw in, there's no better time to indulge a passion for crafting – it could help your memory, too. Whether it's knitting, quilting or painting, a recent study in the journal *Neurology* found that those who regularly pursued a creative hobby were 73 per cent less likely to develop memory problems, which can lead to dementia. The key, believe experts from the Mayo Clinic in the United States, is that such activities stimulate the mind. This may help stop neurons – building blocks of the brain – from dying and encourage growth of new ones.



## TREAT YOURSELF

The Mill Wheel Spa in Leek, on the edge of the Peak District, offers unique experiences based on alpine wellbeing in a rustic setting. The deeply relaxing full-body Herbal Steam Massage (£65 for 55 minutes) treats the skin with a choice of three powerful remedies to counter ailments including hormonal imbalances or digestive issues. A combination of traditional techniques and steam massage in smooth, rhythmic movements relaxes the muscles and releases any tension, while the infusions released by the steam are absorbed by the skin. Afterwards, enjoy the Farmer's sauna, cedar plunge pool and Mill Wheel shower. *CL reader offer: 20% off a spa break in a garden room plus a free bottle of prosecco\*.*

# health notes



### BEST BUY

*Look radiant and do your bit for charity by buying the limited-edition Elemis Pro-Radiance Illuminating Flash Balm and pouch (£33, [timetospa.co.uk](http://timetospa.co.uk)), with sales supporting Breast Cancer Care.*

Boost your wellbeing the natural way with our round-up from the world of health and beauty

**OCTOBER IS BREAST CANCER AWARENESS MONTH** and a good reminder to check yourself regularly. Many of us have normal lumps and bumps, so the important thing is to feel and look for any changes. Visit [breastcancercare.org.uk](http://breastcancercare.org.uk) for more information.

**THE SHORTER DAYS AHEAD CAN SPELL THE ONSET OF WINTER BLUES.** Try boosting levels of Vitamin D, the 'sunshine vitamin', over winter with Neal's Yard Remedies SuperNutrient Vitamin D3 1000iU Supplement (£12.50, [nealsyardremedies.com](http://nealsyardremedies.com)).

**DISCOVER WHAT YOU SHOULD AND SHOULDN'T** be eating to help control hormones and symptoms with *Healthy Eating for the Menopause* by Dr Marilyn Glenville (Kyle Books, £11.99).

*For more tips and products, visit [netdoctor.co.uk](http://netdoctor.co.uk).*

## NATURE'S MEDICINE CABINET

**Mulberry** The mulberry tree has a long tradition of use in folk medicine, and all parts of it – from root to leaf – were utilised. The black mulberry, which was brought to Britain in the 17th century, is rich in the antioxidant anthocyanin, and thought to have antiviral properties, which could explain its customary role as a tonic for the body. The leaves are also packed with infection-fighting qualities – try making a tea to ease colds, or use as a rinse on eye infections.\*\*



**FIND MORE NATURAL BEAUTY PRODUCTS AT [SHOP.COUNTRYLIVING.CO.UK](http://SHOP.COUNTRYLIVING.CO.UK)**



# The Great Big Hearing Check



How can I help someone with hearing loss?

**W**e get our eyes and teeth checked regularly – but how many of us forget about our ears? They're just as important. Giggling children, chatter with friends or the early morning call of bird song; sound can be pretty amazing and add to the enjoyment of life – so when we start to notice changes in our hearing it can be frustrating and upsetting; but it needn't be.

If you, a friend or a member of your family have noticed changes in your hearing; are finding conversations more difficult, or find you need to turn the TV up that bit higher nowadays you're not alone. One in six people in the UK currently has some form of hearing loss, but because it happens so gradually, we don't always notice the signs. The good news is that at Boots it's simple to do something about it.

A free 15 minute check is all it takes to find out how well you're hearing. We'll check the health of your ears, test your hearing and talk through any concerns you may have. And if we think we could help you hear better we'll offer professional, personalised advice on what you should do next.

To encourage more people to take care of their ears we're launching our Great Big Hearing Check at Boots. From 19th August – 15th September you can take advantage of a free hearing check as part of our Great Big Hearing Check in one of over 450 Boots and Boots Opticians across the country.

**What's more, for every person who attends a check during the month we'll donate £1 to Action on Hearing Loss – to help fund hearing research in the UK.**

Try to find quiet places with as little background noise as possible to chat.

Try taking turns talking and try not to interrupt or speak over people.

Make sure the person you are speaking to can see your face clearly when you talk. Lots of people use basic lip reading without even realising, and your words will travel directly and with more clarity to their destination.

If someone has trouble understanding you, try saying things a different way instead of repeating them verbatim. It may be that they find a particular word hard to hear.

Encourage the person to attend a free hearing check – to get the right help and advice.



**Great Big Hearing Check**

So, if you've noticed a change in your hearing recently, there really has never been a better time to check it out.

**Just call us on 0345 071 1282  
or book online at [bootshearingcare.com](https://www.bootshearingcare.com)**



**hearingcare**  
let's feel good



# NATURE'S PAINKILLERS

Swap traditional pain-relief pills for herbal teas and tinctures to ease common aches and ailments, from a bad back to a tension headache

WORDS BY KATE LANGRISH ● PHOTOGRAPHS BY NASSIMA ROTHACKER

## BUMPS & BRUISES

Carry a tube of arnica cream on country walks to help ease any bumps and knocks acquired along the way. "It promotes healing and also disperses the blood around bruising, plus gets the circulation going," explains Susanne Haar, superintendent pharmacist at Nelsons Homeopathic Pharmacy. "Use the cream on bumps but not on broken skin. For more severe bruising, take homeopathic arnica internally."

Try **BIODERMA CICABIO ARNICA +**  
(£7.20, [ESSENTIAL.COM](http://ESSENTIAL.COM))

## BURNS & SCALDS

When you accidentally catch your wrist on the oven, the first thing you should do is run it under cold water for several minutes. After that, try applying calendula. "It's very useful for easing the pain of minor burns," says pharmacist Susanne Haar. "Antioxidants help encourage the skin-healing process, it is very soothing and can also reduce the dryness and cracking that can occur if skin has blistered a little."

Try **NELSONS BURNS CREAM**  
(£5.10, [NELSONSPHARMACY.COM](http://NELSONSPHARMACY.COM))

## PAINFUL PERIODS

"Bromelain – an enzyme in pineapples – has been found to be extremely useful for treating period pain," says

Dr Marilyn Glenville, author of *The Natural Health Bible for Women* (Duncan Baird, £16.99). "It has anti-inflammatory and natural blood-thinning properties. It also acts as a smooth muscle relaxant and is thought to decrease 'bad' prostaglandins, which increase the womb contractions and so the pain, and promote 'good' prostaglandins, which help relax and widen blood vessels." Hormonal fluctuations in a woman's monthly cycle can cause tender breasts: studies have linked evening primrose oil supplements with a reduction in discomfort.

Try **HEALTHSPAN BROMELAIN** (£12.95, [HEALTHSPAN.CO.UK](http://HEALTHSPAN.CO.UK)).

**BOOTS EVENING PRIMROSE OIL** (£7.99, [BOOTS.COM](http://BOOTS.COM)) ➔





## ACHING JOINTS

Ease the discomfort of painful joints with a little heat. Several studies have pointed to the benefits of capsaicin, an active component of chilli pepper, in helping conditions such as osteoarthritis. "Circulatory herbs such as cayenne pepper – called rubefacients because they cause redness and heat – aid the healing process by increasing blood flow to the area. They also have the added benefit of analgesic qualities," explains medical herbalist Sabrina Biscardi (terrasacra.co.uk). "Recent evidence seems to indicate that capsaicin acts to alter several mechanisms and pathways involved in pain." She suggests massaging afflicted areas with a mix of capsicum tincture and a base oil infused with essential oils: "Hypericum oil is helpful for nerve pain, while comfrey oil is good for tissue regeneration."

*Try* **NATURE'S ANSWER  
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## TENSION HEADACHES

These affect around 40 per cent of UK adults, and women are twice as likely to suffer as men, but the remedy could be in your own back garden. "Lavender contains phytochemicals that have a powerful analgesic effect, making it the perfect natural solution to alleviate tension headaches. It's also renowned for its soothing effect on the emotions and is great for calming stress and anxiety, which can often be a precursor," says Tracy Horn, aromatherapy expert at Absolute Aromas (absolute-aromas.com). "If you're on the go, put a few drops on a tissue and simply inhale. This will send a shower of soothing messages to the brain and, in turn, kick start the pain-relief receptors. Alternatively, place a small amount on the fingertips and massage into the temples and the back of the neck."

*Try* **ABSOLUTE AROMAS  
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## MOUTH ULCERS

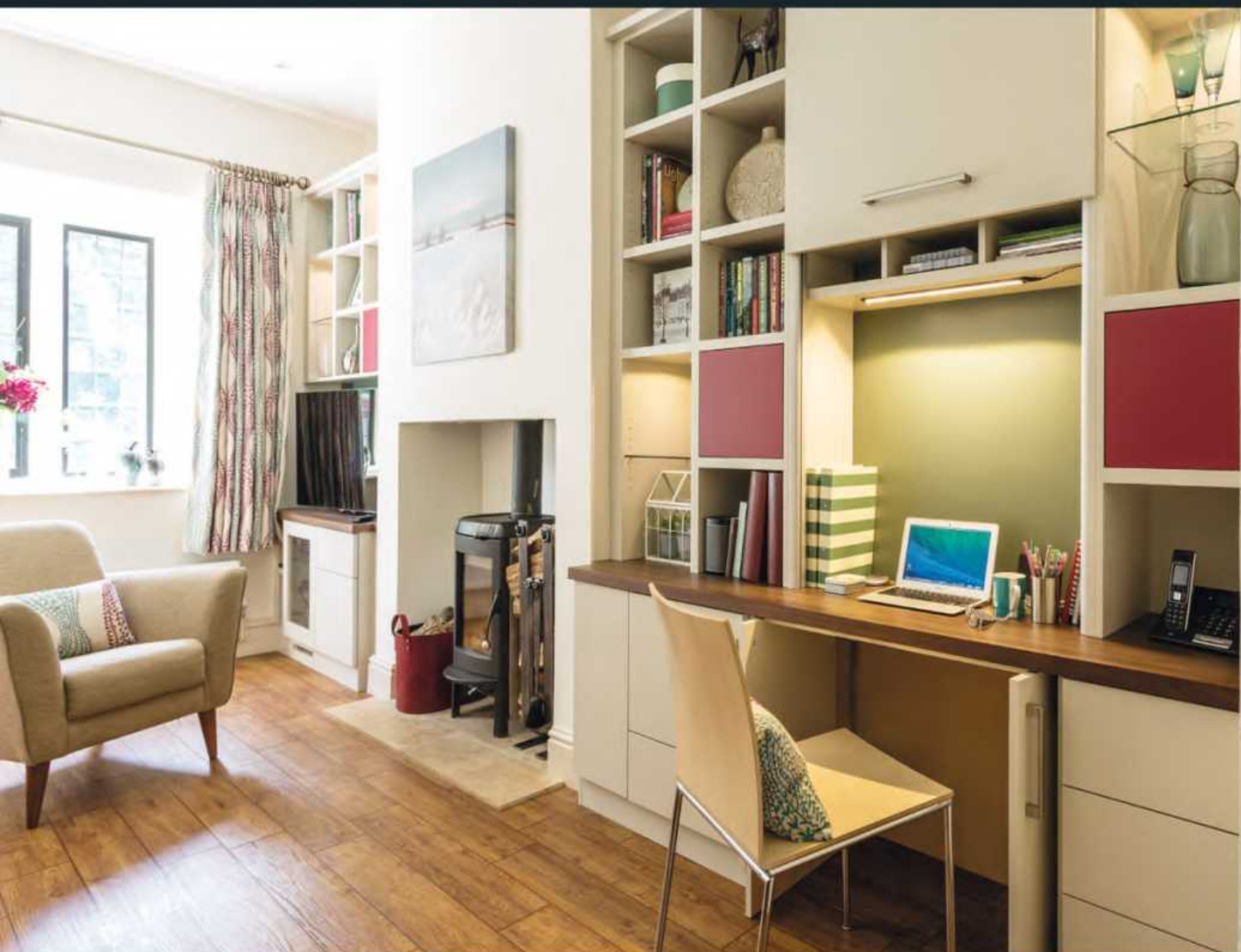
Even the tiniest of ulcers can seem to cause a disproportionate amount of discomfort. They can be caused by biting your cheek or tongue, but also by stress and hormonal fluctuations. "Clove oil has been used for centuries to treat various ailments from toothaches to coughs, and it's very effective for mouth ulcers," advises dentist Dr Uchenna Okoye, clinical director at londonsmiling.com. "It contains a compound called eugenol, which is added to many dental products and mouthwashes as it has natural antiseptic and antiviral properties. Avoid acidic and spicy foods while you have an ulcer, as they will act as an irritant, and remember to get it checked out by your dentist if one lasts longer than two to four weeks."

*Try* **HOLLAND & BARRETT CLOVE BUD OIL**  
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## BACK PAIN

Whether it's the lower back-ache from a day working in the garden, or the more persistent chronic pain so many of us suffer from, relief may be found in a kitchen-cupboard staple – ginger. “The anti-inflammatory effects of this root have been studied at the University of Miami,” says registered osteopath Gavin Burt ([backsandbeyond.com](http://backsandbeyond.com)). “The research done so far has found ginger to be such a strong anti-inflammatory that even pharmaceutical companies are investigating its properties. I would recommend taking it in capsule form, mainly because in large amounts it can be irritating to the stomach – 200mg per day over a four-week period should tell you whether or not it is working for you.”

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As a veterinary surgeon, I would expect a Labrador, like Utah, Iowa or Clown, to show serious signs of ageing at around 8 or 9 years old. When I saw these dogs that were 15, 16, 17 years old - and they look and move like 9, 10, 12 year olds - you really realise that this study is actually bigger than just numbers on paper.

STEVE DEAN  
BSc(Hons), DVM, MRCVS  
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\* 10 years of observations conducted at Pet Health & Nutrition Centre in Ohio, 2004 - 2014.

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Lambeth dress



Cynthia blouse



Enna top and skirt



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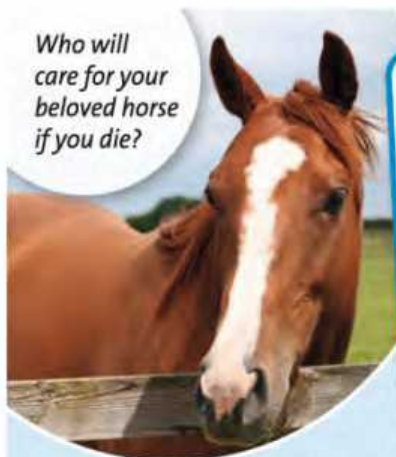
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# *Autumn style*

## *Look good this season*

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The closing date for entries is 31st October 2015.

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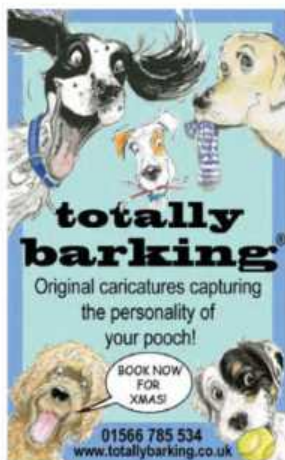


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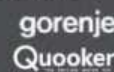
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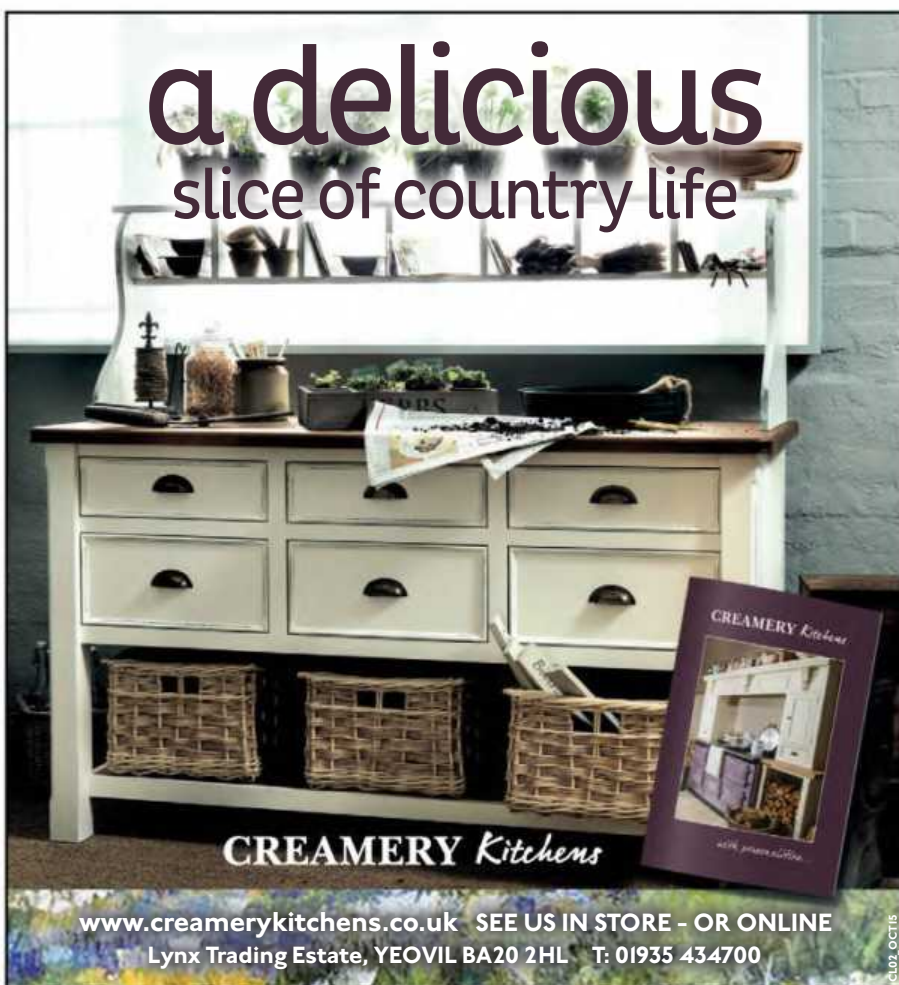
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**CLOCKWISE FROM FAR LEFT** Filmwork has taken Roger Moore to many beautiful areas of Britain; part of the Bond film *Octopussy* was shot at the Nene Valley Railway in Cambridgeshire; as a child he was evacuated to a farm in Devon

# MY COUNTRYSIDE ROGER MOORE

The actor has fond memories of the English counties where he has lived and filmed

**I've been fortunate to film in some lovely parts of the British countryside.**

For *Octopussy*, we worked on the Nene Valley Railway in Cambridgeshire. I enjoyed exploring the area and it was great fun to be fooling around with trains, as I have always loved model railways. Getting to play on the full-sized version was even better.

**Another wonderful area we shot in was south Buckinghamshire.** The film was *For Your Eyes Only* and the action took place at a little church in a beautiful village called Stoke Poges. It opens with Bond visiting the grave of his wife, who was killed off in the previous film, of course, as Bond can't have a wife. The vicar appears and says something like, "You're wanted", and a helicopter then arrives, Bond gets on board and off he goes.

**Outside the UK, Sardinia is my favourite work location.** We were staying in the Hotel Cala di Volpe and shooting some scenes for *The Spy*

*Who Loved Me* on a wet bike out at sea – but I wasn't allowed to get wet! Every time I got splashed, I had to go back to the mainland, which took about 40 minutes, so I could change my uniform, get my hair and make-up redone and then go out and do it again. Not only that but they were filming from a helicopter and didn't have any means of communicating with me, so when they started coming towards me, the downdraught from the blades had the effect of pushing the bottom of the bike away from the water and left me hanging on for dear life. It made for an interesting day's filming, though, and didn't spoil what I thought was a fantastic location.

**During the war I was evacuated to Devon**, where I stayed on a farm near Holsworthy with a family called Allen. It was a very special period and I can remember everything about it – even small things like having blackberry and apple pie with real Cornish cream. They'd put the cream down by the open range in big flat bowls and it would separate. The crust on top couldn't be sold, of course, so it was ours, much to our delight.

**Most people are surprised to learn that I'm opposed to blood sports.**

Being James Bond, they assume I'm out shooting things all the time but I recall the time when I discovered that kind of thing would never be for me. I was 12, playing with friends who had catapults and slingshots. I was showing off and aiming at a swallow's nest in the barn we were in. I didn't intend to kill anything but somehow I managed to and I've never forgotten how horrified I felt.

This time  
of year  
always  
reminds  
me of  
gathering  
conkers

**I have a vivid childhood memory of the winter of 1940**

when I was living in Amersham in Buckinghamshire, as it was one of the coldest I've ever experienced. We were gathering conkers and baking them in the oven to harden them when the temperature started to drop. It got colder and colder until the lake at Shardeloes, a nearby 18th-century country house, froze over and people skated on it. There was an enormous amount of snow and plenty of tobogganing – I'll always remember how much fun it was.

**Bond on Bond: The Ultimate Book on Over 50 Years of 007 by Roger Moore is published in paperback in October (Michael O'Mara Books, £20).**

INTERVIEW BY ANNA JURY. PHOTOGRAPHS BY ALAMY; PHOTOSHOT



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## HANDMADE ACCESSORIES

add charm and character to a home, not to mention the sense of accomplishment you will feel on finishing a project. The secret to success is to keep the idea simple but stylish. In this practical but inspiring magazine, our deputy

home design editor Alaina Binks has created a wonderful collection of projects, each one easy to make but also beautiful to look at – from a rustic braided rag rug and upcycled painted stool to artwork made with pressed flowers and pretty embroidered table linen.

Happy crafting!

*Dery Smith*

EDITOR-IN-CHIEF

*Co-ordinating editor* Louise Elliott

*Makes, styling and words* Alaina Binks

*Art director* Darren Holdway

*Chief sub-editor* Michele Jameson

*Photographs* Rachel Whiting

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# CONTENTS

- 4 PINCUSHIONS**
- 6 PLANT MARKERS**
- 8 PAPER GARLAND**
- 10 EMBROIDERED NAPKINS**
- 12 DÉCOUPAGE PLANTERS**
- 14 PRESSED WILD FOLIAGE**
- 16 STRING ENVELOPES**
- 18 BRAIDED RAG RUG**
- 20 STENCILLED STOOL**
- 22 KNITTING NEEDLE ROLL**
- 24 STYLISH STORAGE JARS**
- 26 GARDEN KNEELER**
- 28 QUILT COVER**
- 30 HABERDASHERY DIRECTORY**
- 31 STOCKISTS**





# PINCUSHIONS



Use pretty cotton fabrics to make these simple, fun and charming strawberry and pumpkin designs.

## YOU WILL NEED

**Fabric**

**Fabric scissors**

**Sewing machine**

**Toy stuffing**

**Needle and thread**

**Thin cotton ribbon**

**Felt**

## STRAWBERRY

- 1 Drawing round a small saucer or side plate, cut a circle from a piece of fabric.
- 2 Divide the circle into three and cut into separate sectors.
- 3 Fold each part in half, with right-sides facing,

and stitch along the longer straight side to enclose.

- 4 Turn right-side out to make a cone and generously fill with stuffing.
- 5 Run a needle and thread all the way around the top edge. Tighten to close the gap and knot.
- 6 Cut a short length of ribbon, make into a loop and sew to the top of the strawberry.
- 7 Cut a piece of felt into the shape of the leaf top, with a small slit cut in the middle.
- 8 Pass the ribbon through the slit in the felt and fasten.

## PUMPKIN

- 1 Cut two large circles from two different fabrics.
- 2 Cut both of the circles

into four quarters.

- 3 Remake two full circles, alternating the fabrics, and sew sections together.
- 4 With both circles right-sides together, sew round the edge, leaving a 3cm-4cm gap.
- 5 Turn right-side out, fill the circle with stuffing and hand-sew the gap.
- 6 Run a needle and thread through the centre of the circle, looping it over the side edge in line with the joins in the fabric, and back through the centre of the circle. Pull tight.
- 7 Continue this until you have eight sections.
- 8 Leave enough thread to create a hanging loop on the last stitch.

**Fabrics**, from a selection, Hobbycraft.  
**Ribbon**, from a selection, Jane Means.  
**Toy stuffing**, £3/250g; felt, 50p/ sheet: both Hobbycraft.  
**For stockist details, see page 51**



*A loop of ribbon or thread will allow you to hang the pincushion on your machine to store used pins when sewing*







# PLANT MARKERS



These rustic garden labels require little skill to make and are reusable.

## YOU WILL NEED

Air-dry white moulding clay  
Rolling pin  
Ruler  
Clay knife  
Craft mat or sheet of acetate  
Small alphabet stamps

- 1 Cut a small clump of clay from the block, gently knead and roll into a ball.
- 2 Roll out the clay to about  $\frac{1}{2}$  cm in thickness.
- 3 Using a ruler and clay knife, cut strips that are about the same width and height.
- 4 Smooth out the top of each strip and make sure the edges are roughly straight.
- 5 Cut as many labels as you require.
- 6 Using clean alphabet stamps, gently stamp a herb, plant or flower name onto each label, working backwards from the right edge.
- 7 Leave to dry overnight or until hard.

**Linen**, from a selection, Cloth House. DAS white modelling **clay**, £4/500g; small alphabet **stamps**, similar from a selection; frayed **fabric**: all Hobbycraft. **Terracotta plant pots**, £3 each, RE. Striped **twine**, £8.95/pack of five, Sophie Conran Collection; **twine**, £2.95: both Burgon & Ball. Vintage illustrated **seed packets**,

from a selection, Garden & Wood. Similar small **flower scissors**, £5.95, Sarah Raven. **For stockist details, see page 31**



*Create unique personalised gift tags by cutting shapes from rolled clay with cookie cutters. Use a pencil or straw to make a small hole at the top to thread through a ribbon once dry*







# PAPER GARLAND



Create a decorative string of simple flowers using floral-patterned wrapping paper.

## YOU WILL NEED

Scissors

Card

Pencil

Patterned papers

Double-sided tape or glue

String

1 Cut out a template of a symmetrical flower shape with six petals from card.

2 Draw around the card template several times on the back of a sheet of wrapping paper.

3 Cut out the flowers and fold each one in half, with the pattern facing inwards – one 3D flower is made from three of these single ones.

4 Stick or glue the middle of two folded halves together, leaving the edges unstuck.

5 Place the string along the middle crease, securing in

place with glue or tape.

6 Glue or tape on the last individual flower, covering the string.


7 Add as many flowers as you like, spacing each one roughly by eye.

8 Gently pull out the edges to separate the petals.

**Wrapping papers**, from £4.95, Liberty.

Thick white thread by East of India, £2.30, Fred Aldous.

**Ceramics**, similar from a selection, Maud & Mabel.

 *For stockist details, see page 31*



*Mix and match papers – small-scale prints work best for this size of garland*







# EMBROIDERED NAPKINS



Add interest to plain vintage table linens using simple stitches and colourful threads.

## YOU WILL NEED

**Vintage cotton and linen napkins**  
**Embroidery threads**  
**Embroidery hoop**  
**Embroidery scissors**  
**Needle**

Vintage linen **tablecloth**, £14; vintage **napkins**, from £2; vintage **teacups**, similar from a selection: all Northcote Road Antiques Market. **Needles**, from £1.50; embroidery **threads**, 90p each; embroidery **hoop**, from £2.30: all Hobbycraft. Embroidery **scissors**, from a selection, The Old

- 1 Before you begin, wash the napkins and threads separately to prevent the colour running from the threads when the napkins are laundered.
- 2 Secure an area of a napkin into an embroidery hoop, pulling the fabric taut.
- 3 Using one coloured thread at a time, stitch out a simple design – stripes or flowers are really effective.

- 4 Basic running stitches, daisy stitches and cross stitches are the easiest to start with.
- 5 Keep the back of the napkin neat by knotting and tying at the end of each section rather than at the end of each colour.
- 6 Remove the finished design from the hoop and gently iron.

Haberdashery. Vintage berry **spoon**, £14.50, RE. **Jam jar**, £7.99/12, Lakeland.

*For stockist details, see page 31*

## TIP

*Use tailor's chalk to draw out a design lightly before starting – this will provide a guide if sewing freehand is too difficult*







# DÉCOUPAGE PLANTERS



Recycle household metal food cans and turn them into stylish indoor herb containers.

## YOU WILL NEED

**Tin cans**

**Découpage glue**

**Small flat-head paintbrush**

**Découpage papers**

**Clear varnish**

- 1 Wash each tin can, removing the existing labels, and leave to dry.
- 2 Brush a layer of a water-based glue over the outside of one can.
- 3 Tear large pieces of thin paper – tissue and specialist découpage papers work best for this – and stick in place, brushing glue over the top of the paper, too.
- 4 Continue until the entire outside of the can is covered.
- 5 Repeat on every can and leave to dry.
- 6 Brush one or two layers of clear varnish over the papered area.
- 7 You can also varnish inside the can – mainly round the bottom to prevent rust.
- 8 Fill the can with soil and then plant established herbs or sow seeds inside.

Kirstie Allsopp  
Deco Mache  
**papers**, £3.79;  
decopatch  
**paper**, £3.79;  
Mod Podge  
matt **glue**,  
£4/236ml;  
clear matt  
**varnish**, from  
a selection;  
all Hobbycraft.  
**Linen**, from  
a selection,  
Cloth House.  
**Spoons**,

similar from a  
selection, The  
Conran Shop.

1 For stockist  
details, see  
page 31

## TIP

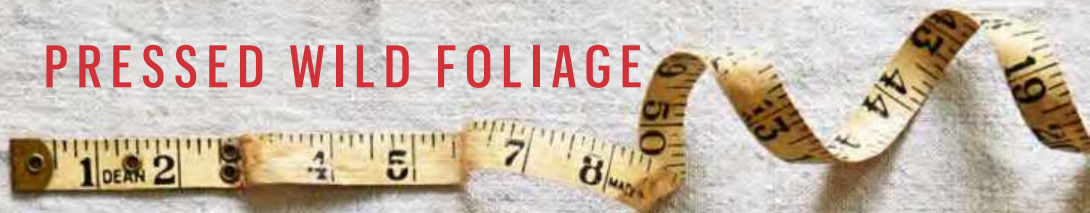
*Create drainage by hammering a few holes into the base of the can and putting a layer of gravel at the bottom*







# PRESSED WILD FOLIAGE



Display dried plants and flowers, such as fern leaves and cow parsley stems, in glass frames for a lasting seasonal arrangement.

## YOU WILL NEED

**Wild flowers and plants\***  
**Garden scissors or secateurs**  
**Pressing kit or book**  
**Glass frames**

- 1 Gather a handful of wild plants and flowers from the garden or local woodland\*.
- 2 Cut the stems at an angle using garden scissors or secateurs and submerge the ends in water. Blot and dab the ends.
- 3 Place the flowers between the pages of a book. We used an old photo album with acid-free paper sheets, or try a flower press, available from Baileys.
- 4 Use a weight, or books, to keep the pages flat – you won't need to do this with a press as they have bolts to tighten at each corner.
- 5 Leave for one to two weeks in a dry, cool place.
- 6 Once the flowers are completely dry, arrange them in glass frames, trimming the stems to the right height.

## TIP

*Choose foliage and flowers that will look good when pressed flat – large flowncy blooms, for example, won't work. Try leaves, grasses and small flowers, such as daisies and violets, picking them when at their best*

Glass **bottles**, (10cm x 15cm), similar from a selection, Pale & Interesting. Zinc-edged **glass frames**, from £12.95

**For stockist details, see page 31**

\*ONLY GATHER A FEW FLOWERS FROM THE WILD







# STRING ENVELOPES



These twine-fastened designs make the perfect finishing touch for a homemade card.

## YOU WILL NEED

**Patterned papers**

**Pencil**

**Cutting mat and ruler**

**Scissors or scalpel**

**Double-sided tape**

**Circle hole punch**

**Split pin fasteners**

**String or twine**

- 1 Start by marking out the envelope size you want – portrait or landscape – on the back of the paper, leaving enough space for the side sections.
- 2 Remember to add a little extra if you have taken your measurements from the

card to go inside, or the envelope will be too tight. To make the side sections, which will fold over to make the back, add two-thirds of the width to both sides.

- 3 Add roughly 4cm to each end (top and bottom) for a small envelope, more for a larger one – this is flexible, as the top and bottom flaps can be made to any size.
- 4 Cut out the whole shape – each side should have an extra section.
- 5 Cut the side edges of both the top and bottom flaps at a slight angle inwards.
- 6 Score along the edges of the body of the envelope using the back of a scalpel.
- 7 Still with the back of the paper facing towards you,

fold in the side sections and stick together with double-sided tape.

- 8 Fold up and stick down the bottom flap with double-sided tape.
- 9 Fold down the top flap and, using a scalpel, pierce two holes, one in the top flap and one lower down on the back section in line with the first – be careful not to puncture the front of the envelope.
- 10 Push a split pin through the centre of a paper circle, made using a hole punch, and push through the holes. Open the back of the pins.
- 11 Cut and tie a short length of string around the flat pinheads behind the paper circles to fasten.

**Wrapping papers**, from £4.95, Liberty.  
**Small circle hole punch**, £4; **split pin fasteners**, £3: both

Hobbycraft.  
**Twine**, £2.95, Burgon & Ball.  
**Jar**, £4, Labour and Wait.  
**Glass bottles**, similar from a selection,

Pale & Interesting.

**Mini tags**, from £1.50, Jane Means.

For stockist details, see page 31



*Wrapping paper or leftover scraps of lightweight wallpaper can also be used for this project*







# BRAIDED RAG RUG



Turn plaited strips of fabric into a unique floorcovering which can be made to any size.

## YOU WILL NEED

**Fabric**

**Sewing machine**

**Thick thread**

**Needle**

**Fabric scissors**

**Glue gun**

**Anti-slip rug**

- 1 Tear lengths of fabric from two to three designs. They should be roughly

5cm wide and as long as possible. Try to use long lengths, as this will result in fewer joins.

- 2 Knot three strands of different material together, plait and knot again at the end.
- 3 Repeat, plaiting several strands – you can always do more if needed.
- 4 To start the rug, coil one plaited length around itself, securing the middle by stitching across with a sewing machine.
- 5 Continue to work the plaited length round in a circle, hand-stitching the back to connect each strand together.
- 6 When you come to the end of the first length, cut off or undo the knot and sew to the new adjoining strand.
- 7 Repeat until you reach the required rug size.
- 8 Cut and glue an anti-slip mat to the back (these are available from Dunelm and Ikea).

**Fabrics**, from a selection, Cloth House and John Lewis. Linen upholstered **footstool**, antiques market find.

**Books**, from a selection, Much Ado Books.

 *For stockist details, see page 31*



*Use reasonably priced cotton fabrics or a collection of old bed linen to make this*







# STENCILLED STOOL



A paper doily makes an ideal stencil for upcycling a piece of furniture.

## YOU WILL NEED

Stool

Sandpaper

Water-based eggshell paints

Paintbrush

Paper doily

Stencil brush or sponge

1 First lightly sand the stool to remove any

lacquer or varnish.

2 Paint the stool legs, side and underneath the seat with two coats of blue water-based eggshell paint (leaving to dry in between coats).

3 Once dry, paint the top of the seat white with two coats and leave to dry.

4 Holding a paper doily in place in the centre of the seat, dab blue paint over it using a flat-end

stencil brush or sponge, painting the whole of the top of the stool.

5 Peel away the doily to reveal the white pattern underneath.

6 Leave to dry.

Vintage **stool**, similar **teacup** and **saucer** and similar **platter**, all from a selection, Northcote Road Antiques Market. Swedish Blue and Cotton self-priming **interior eggshell\***, £25/litre, Country Living Paint Collection from Marston & Langer

at Country Living General Store. **Doilies**, similar from a selection, Talking Tables. Vintage **cloth** (on chair), and enamel **teapot**, flea market finds.

1 For *stockist details*, see *page 31*



*Stencil onto material, using this same method with fabric paints, to create a tote bag or a cushion cover*

\*THESE PAINTS ARE SELF-PRIMING – IF OTHER ONES ARE USED, YOU MAY NEED TO USE A PRIMER PRIOR TO PAINTING







# KNITTING NEEDLE ROLL



This compact case provides neat storage for essential knitting equipment.

## YOU WILL NEED

Two contrasting fabrics

Sewing machine

Fabric scissors

Pins

- 1 Sew a length of fabric into a long strap to make the tie.
- 2 Measure out two pieces of contrasting fabrics, using the tallest knitting needle as a guide for the height. Ensure there is enough to fold over a band at the top and to create a pocket

at the bottom, and also factoring in a seam allowance.

- 3 Sew the tie in place on the front fabric, placing it near to one side edge – this will allow the tie to wrap around once the case is rolled.
- 4 Place both fabrics right sides together and sew along both the side edges and the bottom edge, being careful not to trap the tie in the stitches.
- 5 Turn right side out.
- 6 At the open top edge, turn in the fabrics and then hem to close the gap.
- 7 With the inner fabric

facing you, fold over a band at the top and pin.

- 8 To make a large pocket, pull up the bottom edge to reveal the front fabric behind, checking that this will hold the needles, and then pin.
- 9 Sew along the side edges, where the fabrics have been folded over.
- 10 Sew an extra line in the middle of the top band to allow longer needles to sit neatly under the cuff.
- 11 Along the bottom pocket, sew upwards several times to create individual pockets for different-sized needles.

Floral **fabric** from pastel daisy and polka dot fat-quarter bundle, £7/six designs, Hobbycraft. Lambada

stripe natural/blue **cotton**, £35/m, Jane Churchill. **Knitting needles, buttons, lace and spools,**

all from a selection, The Old Haberdashery. Vintage tea plate in wire holder, £12, RE. **Wool**, from a selection,

John Lewis. Vintage **tape measure**, similar from a selection, Etsy. **1** For stockist details, see page 31

**TIP**

*Scale this down to make a fabric-roll holder for smaller crochet hooks*







# STYLISH STORAGE JARS



Decorate enamel and glass containers with lettering or pretty designs.

## YOU WILL NEED

**Glass jar**

**Enamel storage canisters**

**Printer or alphabet stencil**

**Paper**

**Scalpel**

**Cutting mat**

**Masking tape**

**Glass paint**

**Stencil brush and paintbrush**

1 Wipe clean the containers and towel dry.

2 Print out a word in a typeface you like on a sheet of paper, then cut out the letters carefully using a scalpel, or alternatively use a flexible plastic alphabet stencil.

3 Stick the paper or stencil in place on the glass jar with masking tape.

4 Dab some specialist glass paint over the letters using

a flat-ended stencil brush and repeat to apply ample coverage.

5 Peel away the stencil and leave to dry.

6 Using a small paintbrush and the specialist glass paint, you can also add freehand simple flower motifs or dots to decorate other containers.

Large glass candy jar, £42, Peach Blossom. Small enamel canisters, £15/set of three, Design Vintage. Glass paint, from a selection,

Hobbycraft. Scoop spoon, similar from a selection, The Conran Shop. Brush and soap, similar from a selection, Labour and Wait.

Tea towel made using linen from Cloth House and Cloth & Clover.

For stockist details, see page 31



*Adhesive stencils will stick and bend easily with the shape of the container and simply peel off to reveal a crisp edge afterwards. Hobbycraft has a small selection, as does Martha Stewart, available from ebay*







# GARDEN KNEELER



Make gardening more comfortable with a wipe-clean oilcloth cushion.

## YOU WILL NEED

**Oilcloth**

**Fabric scissors**

**Grosgrain ribbon**

**Sewing machine**

**Pins**

**Feather-filled cushion pad**

- 1 Cut three pieces of oilcloth, one to fit the front of the cushion and

two sections for the back, with room to overlap – this is to create an opening in the back of the cushion cover. Add a seam allowance to all pieces.

- 2 Hem one edge of both of the back pieces.
- 3 Place all the sections right sides together, making sure the back sections overlap with the hemmed edges in the middle.
- 4 Cut two lengths of ribbon and place between the

fabrics at either end, with the loop between the material and the ends visible from the outside.

- 5 Pin everything in place and sew around all four edges.
- 6 Trim off the excess oilcloth and ribbon ends, and remove the pins.
- 7 Turn right side out, using the opening at the back.
- 8 Insert the cushion pad.

Rose **oilcloth**, **pad** (30cm x 50cm), £22.50/m, Sophie Allport. Spot **ribbon**, £2.70/3m roll, Jane Means. Duck feather **cushion** £7, John Lewis. **String**, **hessian** and **hand tools**, similar from a selection, RE. Similar **trug**, £78, Labour

and Wait. Illustrated vintage **seed packets**, from a selection, Garden & Wood.

For stockist details, see page 31



*Find a variety of oilcloth fabrics at Cath Kidston, John Lewis, Sophie Allport and Ian Mankin*







# QUILT COVER



Team together coordinating linens to create a vintage-style removable cover for a small quilt.

## YOU WILL NEED

Single or small quilt

Fabric scissors

Two linen fabrics

Lining fabric

Sewing machine

Pins

- 1 Measure the quilt.
- 2 Cut two pieces of fabric to size, adding extra for the seam allowance.
- 3 Cut two pieces of lining

fabric the same size as the patterned pieces.

- 4 Sew six straps using one fabric or a combination of both. These will make the side ties.
- 5 Place a piece of lining on the inside of one of the patterned pieces, folding the edges in on both fabrics along one of the short sides.
- 6 On this same edge, slot three straps an even distance apart in between the two fabrics, and pin.
- 7 Sew along this side to create a hemmed edge

and to secure the straps.

- 8 Remove the pins.
- 9 Repeat with the second piece of patterned fabric and lining, making sure that the straps are on the same side and in the same place when the fabrics are the wrong sides (lining) together.
- 10 Place both fabrics right sides together, pin in place and sew around the remaining three edges.
- 11 Remove the pins and turn right side out.
- 12 Insert the quilt and tie together the side straps.

Delfine floral  
**linen** in  
Celadon,  
£52/m; Spotty  
**linen** in faded  
duck egg,  
£49/m;  
both Sarah  
Hardaker.

Similar **linen**-  
upholstered  
footstool,  
antiques  
market find.  
Vintage **tea**  
**plate** in wire  
holder, £12,  
RE. **Ribbon**,

**lace**, spools  
and **buttons**,  
all from a  
selection,  
The Old  
Haberdashery.

❗ *For stockist  
details, see  
page 31*

## TIP

*Beautiful  
large vintage  
embroidered  
tablecloths  
can also be used  
for both sides*









## HABERDASHERY DIRECTORY

**CLOTH HOUSE 020 7437 5155;**  
**[clothhouse.com](http://clothhouse.com)**

An inspiring shop full of textiles, including natural linens, pretty hand-printed fabrics, trims and twines.

**HOBBYCRAFT 0330 026 1400;**  
**[hobbycraft.co.uk](http://hobbycraft.co.uk)**

Has an extensive range of sewing, craft and art materials and kits. There are 81 stores nationwide with many hosting classes, from knitting to free activities, and demonstrations over the weekends.

**JOHN LEWIS 0345 604 9049;**  
**[johnlewis.com](http://johnlewis.com)**

Great for basic sewing and knitting equipment, along with fabrics at reasonable prices, including oilcloths, available to buy instore.

**THE MAKERY 01225 581888;**  
**[themakery.co.uk](http://themakery.co.uk)**

Bath-based store and online shop with an ever-expanding

collection of haberdashery including colourful fabric, unique buttons, pretty trims and felting wool, along with craft books and stylish own-brand kits, such as a fun stag's head design. Browse through the blog for creative make ideas or visit one of the workshops – running in both Bath and London.

**MERCHANT & MILLS 01797 227789;**  
**[merchantandmills.com](http://merchantandmills.com)**

Beautiful and utilitarian tools and tailoring equipment from dressmaking scissors to tailor's chalk, along with classic fabrics, including washed linens, simple stripes and heavyweight plains. Available online or through external outlets, including Liberty.

**THE OLD HABERDASHERY 07891 954971;**  
**[theoldhaberdashery.com](http://theoldhaberdashery.com)**

East Sussex-based shop with an eclectic mix of vintage and

vintage-inspired homeware, charming pre-owned textiles from eiderdowns to tablecloths and interesting haberdashery pieces, from rustic yarns to vintage spoons.

**RAY STITCH 020 7704 1060;**  
**[raystitch.co.uk](http://raystitch.co.uk)**

Well-stocked online and London-based store offering a wide range of colourful printed fabrics, tools and all the smaller bits and bobs from buttons to ribbons. To find out more on classes and its instore sewing school, visit the website.

**SPINSTER'S EMPORIUM 07731 932188;**  
**[spinstersemporium.co.uk](http://spinstersemporium.co.uk)**

This online store stocks a selection of trimmings, buttons, wallpapers and vintage fabrics. Crafty parties can also be arranged for a birthday party or hen-do, plus one-to-one tuition.



# STOCKISTS

**BAILEYS** 01989 561931;  
baileyshome.com

**BURGON & BALL** 0114 233  
8262; burgonandball.com

**CATH KIDSTON** 0845 026  
2440; cathkidston.com

**CLOTH & CLOVER** 020 7013  
0847; clothandclover.com

**CLOTH HOUSE** 020 7437 5155;  
clothhouse.com

**THE CONRAN SHOP** 0844 848  
4000; conranshop.co.uk

**COUNTRY LIVING  
GENERAL STORE**  
shop.countryliving.co.uk  
**DESIGN VINTAGE** 01243  
573852; designvintage.co.uk

**DUNELM** 0344 346 0022;  
dunelm.com

**EBAY** ebay.co.uk  
**ETSY** etsy.com

**FRED ALDOUS** 0161 236 4224;  
fredaldous.co.uk

**GARDEN & WOOD**  
01844 279170;

gardenandwood.co.uk

**HOBBYCRAFT** 0330 026 1400;  
hobbycraft.co.uk

**IAN MANKIN** 020 7722 0997;  
ianmankin.co.uk

**IKEA** 020 3645 0000;  
ikea.com

**JANE CHURCHILL** 020 8877  
6400; janechurchill.com

**JANE MEANS** 01522 522544;  
janemeans.com

**JOHN LEWIS** 0345 604 9049;  
johnlewis.com

**LABOUR AND WAIT** 020 7729  
6253; labourandwait.co.uk

**LAKELAND** 01539 488100;  
lakeland.co.uk

**LIBERTY** 020 7734 1234;  
liberty.co.uk

**MAUD & MABEL** 020 3659 6387;  
maudandmabel.com

**MUCH ADO BOOKS** 01323  
871222; muchadobooks.com

**NORTHCOTE ROAD ANTIQUES  
MARKET** 020 7228 6850;  
northcoteroadantiques.co.uk

**NKUKU** 01803 866847;  
nkuku.com

**THE OLD HABERDASHERY**  
07891 954971;

theoldhaberdashery.com

**PALE & INTERESTING**  
01797 344077;

paleandinteresting.com  
**PEACH BLOSSOM** 01273  
772531; peachblossom.co.uk

**RE** 01434 634567;  
re-foundobjects.com

**SARAH HARDAKER**  
07975 982885;

sarahhardaker.co.uk

**SARAH RAVEN** 0345 092  
0283; sarahraven.com

**SOPHIE ALLPORT** 0845 0177  
866; sophieallport.com

**TALKING TABLES** 020 7627  
6767; talkingtables.co.uk



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Visit **countryliving.co.uk/sarahmoore**  
for exclusive how-to videos of CL's Craft  
and Create series with vintage design  
contributor, Sarah Moore



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